

Since 1988

TOOLS FOR WELLNESS®

Live Smarter®



- 73 New Products
- Behavior Modification
- Air & Water Improvement
- Reduce Stress
- Detoxification
- Higher Consciousness
- Memory And A.D.D.
- Sound Therapy

TUNING FORKS

Earth Resonant Sound

Low frequency for bones and ligaments. Based on the 7.83 Hz earth resonant frequency, or Schumann Resonance. Effective for grounding and deep relaxation. Pouch Included

#46045 Otto Tuning Fork
128 Hz
\$41.95

#42756 Otto Tuning Fork
64 Hz
\$41.95

#42757 Otto Tuning Fork
32 Hz
\$41.95

SPECIAL: Buy all 3 Otto Tuning Forks and SAVE!
Order #42758 \$119.95

BioResonator Set

The BioResonator Set uses tuning forks to create specific frequencies called different tones. These "difference tones" are used to align your brain waves for deep meditation, relaxed awareness, problem solving, creative thinking and other benefits linked to specific brain frequencies. One tuning fork has adjustable weights allowing you to create variable cps, creating different tones.

The different tones are related to Theta, Delta, Alpha, and Beta brainwave patterns. When you try different settings, you will see that each setting is like an inner ear yoga causing the ear

to "gate" in order to process the sounds. Trying different settings will increase your inner

ear strength and ability to listen. Notice the different tones you prefer and

the ones that are difficult. You can be creative. Serious users

of tuning forks will love it!

The set includes two BioResonator boxes with tuning forks, plus a mallet.

#42759 BioResonator Set
\$259.95

Energy Tuners

A set of three different high pitch tuners that are easy to use because they are lighter than the larger fork. High pitches have a more energizing effect on the brain than the lower pitch forks. 4225, 4096 and 4160 Hz.

Pouch included.

#46046 Angel Tuners \$52.95

DNA Forks

These tuning forks (D and A) maintain the sacred ratio of 8:13 (phi). This interval is not usually found in contemporary music; it is found in nature and living organisms.

Their tuning forks represent an outer spiral of the fibonacci series, where people seem to journey when they hear the sounds of this pair struck together. 288

(D) and 468 (A) Hz.

#71064 DNA Tuning Forks
\$49.95

Crystal Tuner

The Crystal Tuner amplifies the healing power of crystals through sonic vibration, creating a bridge between heaven and earth.

It is useful in dream work, spiritual work and physical work with the cranial rhythms. 4". 4096 Hz. Included in Angel Tuners Set #46046

#71065 Crystal Tuner \$22.95

Starter Set Of Two Tuners

Two forks sound the interval of a fifth— the most important interval for relaxation, centering and aligning the body's energies. Contains: 256 Hz and 384 Hz, (C & G), plus instructions and carrying bag. Included in Harmonic Spectrum Kit.

#46047 Body Tuners™ \$49.95

Tuning Fork Set

This set contains a full octave of tuning forks. When played together they create a series of overtones to help you relax and center yourself. Each interval relates to a different state of consciousness. Based on the work of Pythagoras, recognized as the world's first researcher to combine the science of sound with mathematics. Instructions and carrying pouch are included. Full octave: 256-512 Hz.

#46048 Solar Harmonic Spectrum™ Kit \$159.95

Tuning forks balance your body, nervous system, muscles and organs by tapping the tuning forks, you generate true sine wave patterns based on precise mathematical proportions. This is known as Pythagorean tuning.

Complete Tuning Fork Kit

Contains: Solar Harmonic Spectrum Kit, Calendula CD, the John Beaulieu video and the John Beaulieu book "Music and Sound in the Healing Arts."

#46049 Complete Tuning Fork Kit
\$189.95

BioSonic Brain Tuner Set

Brain Tuners are based on brainwave studies using electroencephalography (EEG) technology to map different states of consciousness known as Delta, Theta, Alpha, and Beta. When the Brain Tuners are simultaneously sounded (one in the left ear; the other in the right ear) the two hemispheres of the brain function together to integrate the two sounds, creating a third, different tone called the binaural beat. When the Fundamental Brain Tuner tuning fork is sounded with any of the other four, the difference between the two tuning forks creates a binaural beat which is heard as a pulsation ... which gently signals the brain into a different state of consciousness. Set of 5 tuning forks and a wooden stand.

#99863 BioSonic Tuning Fork Set
\$99.95

SPOTLIGHT ON OHM

Ohm carries the frequency of 136.10 Hz, considered by many to be the most powerful of vibrations. It is described as primordial sound, the sound from which all other sounds emanate. The sound wave created by Ohm tuning forks works like kinetic energy to move disharmony and tension from the body, thereby restoring a sense of well-being. Disharmony, manifested by stress, muscle soreness, and fatigue, creates blockages to our natural energy flow.

When the different range Ohm forks are sounded together, the healing musical interval of an Ohm octave is experienced. By drawing the vibration of Ohm into your body, the forks enhance the musical experience while negating the source of the disharmony and assisting with meditation. It is truly a profound experience.

Ohm Tuning Fork Octave Set



The Ohm Octave is a beautiful and healing musical interval, connecting us with the Earth and furthering our understanding of Ohm. Set consists of the Mid-Ohm (136.1 Hz) and the Low-Ohm (68.05 Hz) tuning forks, Activator, overview of sound healing,

plus information on octaves and overtones, plus instructional booklet.

#43107 Ohm Tuning Fork Octave Set \$89.95

Mid-Ohm Tuning Fork Kit

Widely considered the classic Ohm frequency (136.10 Hz) and in the middle range. This is an excellent place to begin for those interested in sound healing. Includes: tuning fork, Activator, sound healing booklet and instructions.

#43106 Mid-Ohm Tuning Fork Kit \$44.95



Tuning Fork Activator



Use this rubber Activator as a surface to gently strike the weighted end of the tuning fork to "activate" vibration. Works well with all tuning forks, weighted and unweighted. 2 1/2" wide x 1 1/2" high.

#43110 Tuning Fork Activator \$14.95

#43125 Mobile Activator with Leg Strap \$34.95

Low-Ohm Tuning Fork

The Low-Ohm Tuning Fork has a deep and earthy reverberating quality with overtones when activated, and is an excellent choice for working on the body, as it is particularly grounding. Use alone or with the Mid-Ohm Tuning Fork to create an Ohm Octave, a beautiful music interval. 68.05 Hz. Made from space grade aluminum

#43109 Low-Ohm Tuning Fork \$44.95



A Tuning Fork Primer



This laminated, double sided chart demonstrates 14 useful applications for self-treatment and for treating of others. 11" x 17".

#43112 Tuning Fork Instructional Chart \$14.95

High-Ohm Tuning Fork Set



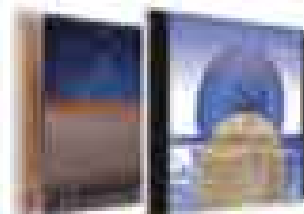
Ideal for use in the energetic field around the body, and for clearing and resetting the energy of a room. Creates a sound wave that is soothing and therapeutic and can help restore balance. Contains two aluminum forks (272.2 Hz and 544.4 Hz) plus instructions.

#43124 High-Ohm Tuning Fork Set \$74.95

TUNING FORKS

Shown: 2 Mid-Ohm tuning forks. One fork on each side of upper chest wall, in groove toward armpit. This enhances and deepens breathing... releases tension in shoulders, arms, and upper back... is calming, soothing and energizing.

Musical Compositions Created In the Ohm Frequency



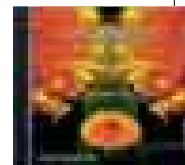
Harmonizes beautifully with Ohm Tuning Forks. Listening to these CDs and the tuning forks together produce a harmonic or "stereo effect." While listening to the CD, place the forks on your body in specific places where there is tightness to relax the tension. Developed by an accomplished musician and sound healer. Each CD is approximately 50 minutes.

#43104 There's No Place Like Ohm CD Vol. I \$16.95

#43105 There's No Place Like Ohm CD Vol. II \$17.95

Use The Entire Harmonic Spectrum For Healing

The Solar Harmonic Spectrum was used to create a healing sonic journey in which the notes of each Pythagorean interval move from the right ear to the left and back to balance the left and right brain hemispheres. Includes 20 page booklet



#46050 Calendula CD \$18.95

Jumbo Tuning Fork Assortment

Contains: #46045, 46046, 46048, 43106 on these pages. Total: 13 tuning forks. If purchased separately, \$296.80

#42755 Jumbo Tuning Fork Assortment \$269.95

DEEP RELAXATION AND MEDITATION

LEARN HOW TO MEDITATE USING TRANCE MUSIC

Ultra Meditation System: The 5-level Transcendence System. The difficulty with most traditional meditation practices is it takes years of concentrated effort to train your brain to redirect its energy into optimal patterns. That's why the Ultra Meditation System was developed.

You will be transported into another time and place, filled with delicious relaxation, stimulating memory flows, and heightened consciousness states.

It may seem like your mind and body are in two separate places. Words can hardly describe the experience but it is like taking a two-week vacation in 28 minutes.

Ultra Meditation™ was designed to open the mind to greater levels of awareness, by driving consciousness inward and feeding the brain with a steady flow of psychic energy.

LEVEL I (Theta Consciousness)

For the first 30 days plug into Level 1. Using special sound

frequencies and harmonics it's designed to shift your internal state and unfold a deep meditation and expanded awareness. The audio matrix is subsonic so you don't hear it, but you sure feel it. What you do hear are the sounds of an underground stream, Tibetan bells and angelic voices.

LEVELS II-V (Transformation, Awareness, Cetacean Mink Link)

Each sound track uses an increasingly more intense matrix designed to expand awareness. And to further that goal, your kit includes several powerful bonus libraries.

TRANSCENDENTAL MIND LIBRARY

9 Transcendental Mind sound tracks are included... Zen Healing



Chants, Amazon Shaman, Voodoo Mating Ritual, Mayan Sun Ritual, Indonesian Karma, Eskimo Spirits, Pyramid Visions, Avatar Transformation, & Aboriginal Dreamtime.

Because they use "sacred sounds" embedded within the matrix, they act as powerful triggers for personal breakthrough.

HEALING MUSIC LIBRARY

Healing Music™ is designed to further your spiritual awakening. The 8 titles include: Healing Dreams, Emotional Well-being, Inner Harmony

Tune-up, Radiant Health, Peaceful Sleep, Dream Therapy, Inner Child Healing, Spiritual Healing.

5 additional items are included free. The **Super Brain Power** book and CD, plus 3 workshops on CD: Mind Power Secrets, The Secret of Living a Perfect Life, How To Find Your Mission.

All of this adds up to less than \$10 per CD.

***Requires headphones!**

#63452 Ultra Meditation Transcendence System \$199.95

FREE WHEN YOU BUY ULTRA MEDITATION

Your kit includes a phenomenal book and experimental Brain Supercharger CD free. 19 mind development workshops teach you to activate "right" brain awareness and open a window

into your unconscious.

Plug your brain into the companion Brain Supercharger CD and experience "Super Intelligence" and "Mozart Brain Boost."



#63456 Super Brain Power \$29.95

Use The Kaleidoscope To Relax And Meditate

You'll be amazed at how the rhythm of the animated morphing patterns magically matches the beat to your music selections. There is no audio, so you are free to enjoy either the peaceful silence or choose



whatever music you like. Use it alone or with a social gathering. Everyone will enjoy this beautiful, mystical experience. The title, "Tarriance" means "to linger in expectation." 60 minute DVD.

#99847 Tarriance \$19.95

OPEN 24/7

ToolsForWellness.com

RELAX ANYWHERE FAST

It Just Takes 5 Minutes

Want to unwind at the end of the day? Put the Relaxase glasses on, sit down and turn them on. Pulsating light guides you to deep relaxation, a great distraction from your busy world. Everything is in the glasses, so there are no wires to untangle, no bulky attachments. Take them to work, on vacation, business trips, or anywhere you want. Enter deep alpha/theta states in minutes!

Relaxase comes with built-in brightness and frequency



control (3-11Hz), so you can adjust them to fit your sensitivity. The timer can be set to 15, 30 or 60 minutes. Battery operated.

#46041 Relaxase Light Glasses \$59.95

Meditate with



Page 27



DEEP RELAXATION AND MEDITATION

Speeds Up The Art Of Meditation... Boosts Intelligence, Creativity... Deals With Stress

Creates Remarkable Emotional Changes At The Deepest Level!

Super-Enriched Training For Your Brain!

You'll enter deep, meditative states normally experienced only by seasoned yogis meditating for twenty or more years. Research shows that in these states the brain produces some very pleasurable (and instantly stress-reducing) brain chemicals, including endorphins – plus others that dramatically increase longevity and slow aging!

A new neural pathways connect and “synchronize” the two sides of the brain, you'll develop what scientists call “whole brain functioning,” creating dramatic improvements in mental abilities: learning, intuition, mental clarity, creativity, focus, concentration and intelligence. Most people

report amazing quantum leaps in insight and self-awareness.

You'll become happier and more peaceful... your stress level will go way down... dysfunctional feelings and behaviors will fall away – even those that have stubbornly resisted change with other methods! You'll release anger, fear, anxiety and sadness. Relationships will improve. Your

ability to feel good about yourself and succeed in the world will skyrocket.

Based on research on how human beings evolve to higher levels of functioning, this is a program utilizing a powerful audio technology called Holosync®. A precise combination of embedded audio signals beneath soothing music and environmental sounds, Holosync® gives the brain a very specific stimulus

that creates states of deep meditation – and causes the creation of new neural connections between left and right brain hemispheres.

The complete package includes: Super Longevity CDs, 3 super-deep Holosync® sound tracks, a hefty package of introductory

information, complete instructions, all support materials, all special reports, the book “Thresholds of the Mind” and the telephone hotline! You also receive Holosync® Quietude, a deep alpha-level relaxation and super-learning Oasis CD, taking you into the creativity and intuition-enhancing theta state plus a third “surprise” sound track sent to you FREE about 2 weeks into the program!

There's a full one-year money-back guarantee. And, in the unlikely event you return the program for a refund, you may keep the free bonus sound tracks.

Note: You'll be receiving the bonus materials approximately 2-3 weeks after you receive your Centerpointe program. CD format.

#75183 Centerpointe Program \$159.95



Relaxation And Meditation Shawl

This shawl is 32" x 72" and is extremely soft and made of a Pashmina-like rayon. It has been imprinted to emit a soothing, calming and nurturing energy pattern when worn on the body. It is a wonderful support for meditation or for a restful sleep. In addition, it helps in de-stressing, relaxing and protecting from EMF. Users report it to be effective in clearing and opening the energy centers or chakras... pain relief... more energy and clarity, and an overall increase in general vitality. Can be washed and hung to dry.



#51093 Wraapture Relaxation Shawl: Cream \$79.95

#51094 Wraapture Relaxation Shawl: Silver/Gray \$79.95

A Twelve Month Meditation Correspondence Course

For thousands of years, meditation has served as the living cornerstone for every major spiritual tradition. From the founders of the Insight Meditation Society, this in-depth program is now in its eighth year. In your own home, you are now able to cultivate the sacred environment of a meditation retreat... with the help of a personal instructor, assigned to you when you

return your first lesson by mail. Insight Meditation presents: 12 sequential lessons, 18 hours of classical teachings, practices and meditations, an 88 page workbook with interactive exercises, resources and articles, plus one-on-one guidance from your personal instructor. Most people ask this about meditation: “How do I get started, and how do I keep going?” If this is you... this outstanding and complete program is the answer. 24 CDs

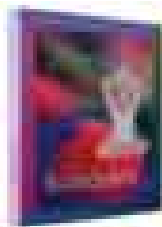


in a binder plus workbook

#51001 Insight Meditation \$198.00

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. Traveling upward through the chakra system, it removes obstacles to living your highest potential.



A wonderful theta meditation program. CD: 60 minutes. See page 35.

#45015 Kundalini \$14.95

Music For Healing And Unwinding

Your body is a self-healing instrument. Given a chance, it will always tend towards a healthful balance. Using sophisticated sound technology these compositions create a response of deep relaxation, contentment, and well-being. We're pretty sure you play these over and over again. 2 CD set: 2 hours.



#99862 Music For Healing And Unwinding \$19.98

DEEP RELAXATION AND MEDITATION

From the Greek word kosmos, which means the sum total of reality, matter, body, mind and spirit.

KOSMIC CONSCIOUSNESS BY KEN WILBER

Leap Ahead In Your Spiritual Evolution



Before the birth of the universe there existed your "Original Face," the limitless Self that has been present throughout the unfolding of inert matter into life – and that continues to dwell within us at every level of consciousness. Where is this grand evolution taking us – and how can each of us participate more fully in it? On *Kosmic Consciousness*, Ken Wilber invites you to find out. In ten fascinating sessions, Wilber pursues questions especially relevant to spiritual seekers: What are the most effective tools for



"jumping" to the next level in your spiritual, creative, and cognitive development? Does prayer work? How do

women and men experience consciousness differently? Is subtle energy real and, if so, how do we harness it? Can we cultivate infinite love by loving one, finite person? What, exactly, does "Kosmic consciousness" feel like? For Ken Wilber's many avid readers, and anyone who has been waiting for a highly accessible invitation to his work, here is one of the most significant thinkers of our time – spontaneous, passionate, irreverent – sharing a feast of ideas to inspire you on your evolution toward *Kosmic Consciousness*.

10 CDs, 12½ hours. Highlights

- How meditation works
- Reincarnation: myth or provable phenomenon?
- Sexuality in the gross, subtle, and causal bodies
- Lucid dreaming, astrology, and the enneagram – integral perspectives
- How love "re-wires" the self, and much, much more

#42517 Kosmic Consciousness
\$99.95

MEDITATION

Simply put, it is to engage in contemplation or reflection. Some say it is the art of allowing your mind to do nothing. Anyone who wants to reduce stress and otherwise "clear their heads" will find great joy and solace in meditation, leading to marvelous, euphoric feelings for days.

Learn About Guided Mindfulness Meditation



Mindfulness is finally being recognized as a highly effective tool for dealing with stress, chronic pain and other illnesses. By opening to an awareness of how things actually are in the present moment, we are often able to experience very deep states of relaxation and well-being – of both body and mind.

This is a four part home training course that will enable you to sample the universal aspects of stillness, clarity, wisdom, compassion, and well-being that Guided Mindfulness Meditation offers. 4 CDs, 5 hours.

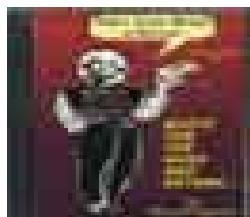
#51056 Guided Mindfulness Meditation **\$29.95**

MUSIC FOR THE MIND AND BEYOND

Brian Paulson's Brain Buster

An exhilarating yet calming sonic journey into the mind, body and spirit. By combining the ancient knowledge of sacred geometry, harmonics and the recent discoveries in brain research, physics and cosmology... here is music capable of unleashing the untapped potential of the mind. Relaxation, creativity, intelligence, meditation can all be enhanced with this music. Headphones should be worn to make this CD more effective.

#51082 Brian's Brain Buster
\$17.95



UNLEASH THE POWER OF THETA

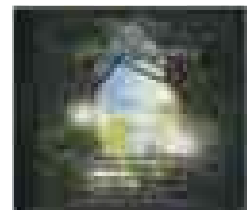
Vivid Imagery Sparkles Inside Your Mind's Eye



This comprehensive 2 CD program puts you into the deep and elusive Theta state. Over a 4-week period, your brain's electro-magnetic energy is progressively balanced, organized and amplified. You enter the precise state of meditation essentially empowering visualization and accelerating manifestation. Best results are achieved when used with headphones. 2 CDs. 60 minutes each.

#41047 Sacred Ground **\$16.95**

Inner Peace With The Music Of Steven Halpern and Hemi-Sync



This CD from **The Monroe Institute** will immerse you in an inner peace that is uplifting and deeply restorative. It features a suite of seven hypnotic musical tracks of compelling meditative music fashioned around an infrastructure of low tones to ground the body and higher frequency harmonics to crystallize the delicate textures you feel spiraling around in your head. It quiets the mind while simultaneously resonates with body, mind and spirit. 57 minutes.

#51086 Deep Journeys **\$19.95**

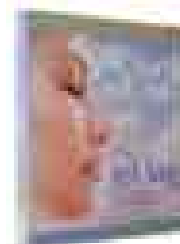
SEE ALL THE BRAIN-SYNC PRODUCTS FROM KELLY HOWELL ON PAGE 35

EVERY INDIVIDUAL IS UNIQUE

Different products result in different effects on people. People with special sensitivities may experience some unwanted side effects. Other users report that benefits didn't start to occur for several days. This can be attributed to the cumulative effects of many of the products in this catalog.

Relieve Jet Lag

Arrive at your destination feeling refreshed, alert and ready to go. Helps balance and restore your brain's sodium and potassium levels, thus reducing mental fatigue and brain



fog associated with jet lag. Contains no spoken words.

Powerful combinations of brain wave frequencies are harmonically layered in beautiful music. 2 CDs: 120 minutes. See page 35.

#45014 Relieve Jet Lag
\$16.95

DEEP RELAXATION AND MEDITATION

For People Who Can't Let Go By John-David

- Eliminate self-sabotage
- Enhance your self-esteem
- Sharpen your recall
- Communicate better
- Improve your ability to concentrate, make decisions and solve problems

BrainSpeak is an interactive, not passive, personal tool for transformation.

BrainSpeak alters your brainwaves to achieve more relaxed alpha and theta states, a technique proven to be effective by neurologists, physicians and educators. The beauty of BrainSpeak is that YOU decide what results you want to produce... whether it's a tool for enhanced meditative practice, a doorway to better health, or a means of accelerated learning – your decisions activate your



subconscious mind. And, depending upon the issues and concerns facing you at any given moment, your subconscious will lead you to the answers that are right for you. 4 CD Set, 127 minutes.

Manual and John-David historical literature.

#75354 BrainSpeak \$349.95

How Sound, Movement And Color Affect Your Health

Discover how sound, color and movement affect our physiology and consciousness. Fabien Maman has brought together sound, color, Chinese medicine, and movement for powerful health and well being. A key body of work detailing how energetic healing affects us on many levels. Includes theory, research, practical applications and techniques. Four books (approximately 450 pages) and a CD including: Music



in the 21st Century; color photography of how cancer cells die when specific musical frequencies are played, while red blood cells become more

vibrant. Raising Human Frequencies, Sound and Acupuncture, Healing with Sound, Color and Movement and the CD Resonance of Ancestral Memories. Highly Recommended!

#63028 Sound, Color and Movement Series \$122.95

Ascend To Higher Levels

Binaural beat frequencies will lift your physical tensions and mental anxieties in minutes. Helps you reach a profound meditative state. See page 29

#45006 Deep Meditation CD \$14.95

Heavenly Music

Music by Iasos

Described as similar to the "heavenly music" heard by people who have lived through near-death experiences. 60 minutes.

#46042 Angelic Music CD \$16.95

Holographic Mind Music

Listen with headphones, close your eyes and leave the universe! Iasos' newest creation... 8 years in the making... this is his most

celestial album ever. Excellent for enhanced creativity, alignment, mood elevation and consciousness travel. 60 minutes.

#81033 Realms of Light CD \$16.98

Sacred Sonic Tools

From Iasos, this book and CD present you with the opportunity to receive a hands-on experience with this very effective set of "sound tools" to enhance physical, emotional and mental well-being. Book: 63 pages. CD: 60 minutes.

#36510 Sacred Sonic Tools Book and CD \$24.95

GETTING PAST SORROW Experience Joyful Wellness

by Marcey Hamm

We've received wonderful

feedback from customers as to how this particular CD has helped overcome grief, sadness and bad news. It contains continuous angelic music for true relaxation, balance, harmony and healing. Over 1 hour.

#18703 Inward Harmony CD \$18.95

Achieve Joy And Bliss By Brian Paulson

A great recording that removes the edge from life, and evokes joy, bliss and expansive awareness. 260 Hz tone plus gently pulsing overtones. A delightful ride into peace and harmony. 26 minute continuous play CD.

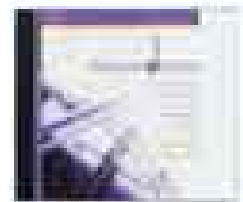
#74021 The Power of Seven CD \$18.95



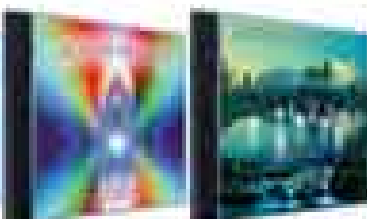
Rest, Re-Balance, And Replenish With Classical Music For Healing

Listeners will enjoy a selection of soothing classical music, scientifically selected and performed to reduce physical tension, dispel anxiety, and create inner calm. Through subtle rearrangement and emphasis on the underlying psychoacoustic harmonics embedded in the music, Joshua Leeds and Andrew Weil, M.D. draw out each composition's innate healing potential. 74 minutes.

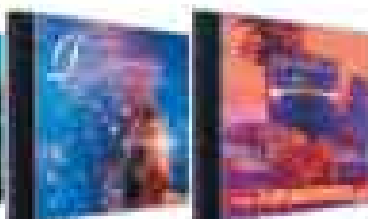
#99858 Relax And De-Stress \$17.98



#45006



#46042



#81033

#36510

SHARE US WITH A FRIEND
Help someone else enjoy the life-enriching products at TOOLS FOR WELLNESS.
Send us their name and we'll rush a catalog to them.

#18703

#74021

1-800-456-9887

7

SLEEP

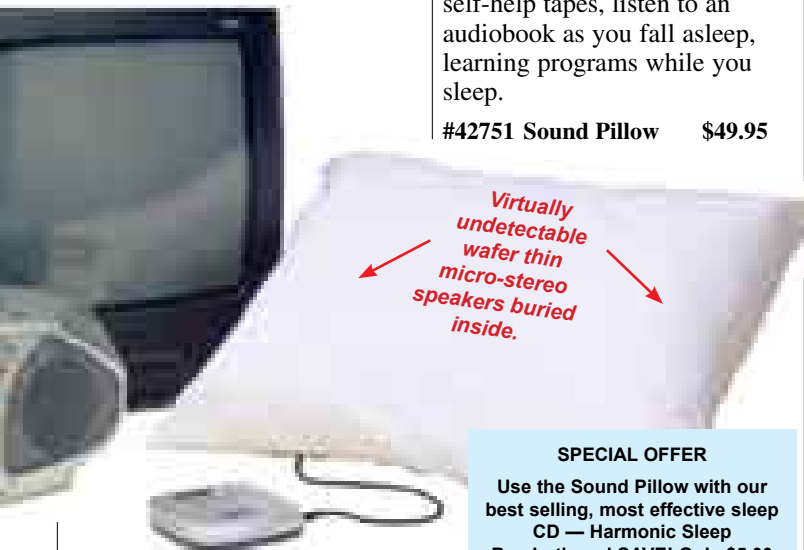
SLEEP NEVER SOUNDED SO GOOD

Get The New Sound Pillow

Wouldn't it be great if you could comfortably tune out the world and tune in to your

favorite music to help you fall asleep? Sound Pillow plugs directly into your sound source just like headphones, but the speakers are hidden inside the pillow so only you can hear. You get a full-size pillow with a 5' cord with speaker jack. Just think of all the things you can use this for... the kids can fall asleep to stories or music, self-help tapes, listen to an audiobook as you fall asleep, learning programs while you sleep.

#42751 Sound Pillow \$49.95



Connect your own sound source.

Noise keeping you awake? See page 64 for the Sound Screen/Sleep Mate

SPECIAL OFFER

Use the Sound Pillow with our best selling, most effective sleep CD — Harmonic Sleep
Buy both and SAVE! Only \$5.00 more for the sleep CD
Order #51103 Sound Pillow and Harmonic Sleep CD \$54.95

KEEPS THE LIGHT OUT

Total Darkness With Your Eyes Open

Great for airplane travel, deep meditation, biofeedback exercises, headaches and naps, while seated (but not for night time sleeping). With adjustable velcro strap and ear plugs. This is one of the very few products that we have tested that gives TOTAL DARKNESS.

#46021 Mindfold Mask \$19.95



Get A "Good Sleep"

Includes three proven "harmonic retreats" to give you instant access to a state of restorative rest:

- The 22 minute vacation: Generate deeply rejuvenating states of body and mind
- The 22 minute nap: A quick period of rest when you feel sleep deprived
- Sweet delta: A full, revitalizing night of sleep

An excellent 68 minute CD from the renowned Tom Kenyon

#45722 Deep Rest \$16.98



Better Sleep And Deep Peace

Your pineal gland is the gateway to lucid dream states, enhanced intuition and expanded perceptions of reality. Users report feelings of elation, deep peacefulness, visual imagery. Serenity contains pineal gland tissue, Vitamins E and C.

#48375 Serenity 100 capsules \$41.95

Buy 3 and SAVE! \$39.95 each



LISTEN TO YOUR FAVORITE TAPES, CDs, OR RADIO WITHOUT HEADPHONES

Relax-Sleep Better-Relieve Tension

Just place Pillowsonic under your pillow cover, connect your sound source and enjoy the sounds. Two quality speakers are enclosed at both ends of a 14" long soft, thin cushion, that is then placed inside your pillow cover or under the pillow itself. Complete with a 6' cord.

Connect to your radio alarm clock, and awake without disturbing your spouse.

Excellent for the elderly, those with autism, ADD, or sensory integration dysfunction. For college students in dorms and for hospital patients who share a room.

#82058 Pillowsonic Stereo Pillow Speaker System \$29.95
Buy 2 and SAVE! \$26.95 each



Shows partially exposed CD player not included

SPECIAL OFFER

Use the Pillowsonic with our best selling, most effective sleep CD — Harmonic Sleep
Buy both and SAVE! Only \$5.00 more for the sleep CD
Order #42033 Pillowsonic & Harmonic Sleep CD \$39.95

Our Most Popular Sleep CD And No After Effects

Developed and tested by Dr. Paul Swingle, the noted psychoneurophysiologist... the harmonic blend in this 74 minute CD embodies a proven technology. It involves a complex harmonic blend that is embedded at a much lower level than the audible filtered "pink noise" that you hear.

- Reduces the time to fall asleep
- Enhances the quality of sleep; allows you to have good night

of natural, peaceful, and deep sleep

- Effective for persons with high stress and pain.

It seems like we all know someone who could benefit from Harmonic Sleep... it really works! It can be used for 15



minutes prior to retiring for the night or can be played continuously throughout the night with your CD player set on "continuous play".

#22150 Harmonic Sleep CD \$19.95

Sleep Like A Baby Tonight!

Makes you fall asleep faster, keeps you asleep until it's time to wake up, enables you to wake feeling refreshed and well rested.

Heightens REM sleep and improves mood, diminishes irritability. 450 mcg of Melatonin, 100 mg 5-HTP, 10 mg coenzymated vitamin B-6, 200 mg Choline, and 150 mg Rhodiola Rosea, a plant substance that has been found to be very effective in reducing stress and helps with sleep disorders.



#72016 SleepTight 90 capsules \$18.95
Not for use by children, pregnant or lactating women, or those under 40.

MAGNETIC MATTRESS PAD

For Deep, Energizing Sleep

Our magnetic mattress pad is the best and easiest way to bathe your entire body in an all-north pole magnetic field. Strong grade VIII ceramic magnets are spaced in a 4" grid over the entire surface of the mattress pad, each giving over 8" of field penetration.

The pads are covered in "loom state" fabric imported from Belgium and the quality is immediately apparent to anyone who touches it. The binding is color coordinated to match the cover and the whole pad has a non-skid backing. They are deliberately slightly narrower and shorter so they will fit on the mattress without overhang and can be covered with a conventional mattress pad to

help prevent soiling.

Every pad is checked and re-checked to be certain the magnets are arranged so that the North poles face the body. Tools For Wellness has the utmost confidence in the high quality construction and quality control standards used in the manufacture of these pads.

The proof is in the high degree of customer satisfaction; we just don't get returns from satisfied users!

#48304 Travel 30" x 72",	119 magnets	\$159.95
#48305 Single 37" x 73",	162 magnets	\$179.95
#48306 Full 52" x 73",	234 magnets	\$229.95
#48307 Queen 59" x 78",	266 magnets	\$279.95
#48308 King 75" x 78",	342 magnets	\$329.95
#48309 Pillow 12" x 18",	18 magnets	\$29.95

Additional \$15.00 each for shipping except pillow. Rush/Express service not available.

Continental U.S. delivery only. Non-returnable

Shut Out The Light! Shut Out The Noise!



Sleep Master was invented for people with sleeping difficulties, for those who just enjoy napping during the day or while traveling, and even for those whose partners watch TV or read late into the night.

It is an all-in-one sleep mask that combines light elimination and sound reduction. Sleep Master is the only sleep mask available on the market today with patented built-in sound muffling. Ear plugs included.

The Sleep Master fits easily and comfortably around your head, easily connected in the back by Velcro strips, simultaneously blocking both light and reducing sound.

One-size-fits-all, lightweight and compact so you can take it along with you. Very affordable so you can have more than one.

#34014 Sleep Master \$34.95

Buy 2 and SAVE! \$32.50 each

Powerful Sounds For Deeper Sleep

Guides you into deep Delta brainwaves, the home of deep sleep. Includes two programs of soothing music and frequencies, forest and ocean sounds. 2 hours. 2 CDs

#46022 Delta Sleep System \$19.95



RELAX YOUR WAY TO RESTFUL SLEEP

The Shealy Relaxmate

90% of individuals report that its use leads to deep relaxation within 5-10 minutes. Superb, restorative sleep is achieved in about 30 minutes. The Relaxmate does not employ sound, just light pulses. It uses a specific bandwidth of frequencies and color saturation determined to be the most effective. Used 30-40 minutes a day induces mind-body states associated with lower blood pressure, headache relief, reduced anxiety, improved digestion, and an overall reduction in stress-related illness.

You can fine tune your sessions with brightness, color spectrum and frequency controls. The lower

frequency range (1-7 Hz) makes it much more comfortable to use than other more complex machines. Has a 20-60 minute timer. By regulating the length of the sessions, it can also be used to boost energy and improve concentration. We found it exceptionally easy-to-use; the results just happen without a whole lot of effort. Developed by Norm Shealy, M.D., a pioneer in the therapeutic use of light. Battery operated.

#45017 Relaxmate II \$149.95



Sleeptracker Wake-Up Monitor Watch

Monitors your body and continuously looks for your best possible waking time. This revolutionary watch wakes you at just the right moment, during a window of time that you set. Its internal sensors detect



even the most subtle physical signals from your body. Worn like an everyday watch, this is ideal for anyone who wants to start off the day alert. Great for travelers, students, busy moms, and those with irregular work schedules. Many features and settings enable you to customize it to any situation, plus it functions like an ordinary watch during the day.

#45713 Sleeptracker Watch \$149.00

Many sleep problems happen because our minds are too cluttered with many thoughts. There are four stages in the process of sleep: first, our brainwaves begin to slow down from an alert state of beta to a more relaxed state of alpha. Then we drift off into a light state of sleep (theta) where we dream. Finally our brainwaves slow down further into delta where we enter into deep sleep. Over 50 million Americans have sleeping disorders leading many to turn to sleep-assisting technologies such as psycho-acoustic CDs.

All information contained herein is for educational purposes only. No health claims are intended or inferred. Statements made in this catalog have not been evaluated or approved by the U.S. Food and Drug Administration. If you have a medical condition, please consult your healthcare professional.

STRESS ERASER PROVIDES RELAXING NIGHTS SO YOU CAN ENJOY STRESS-FREE DAYS

Learn How To Stay Calm During Highly Stressful Situations



When your stimulating nerves become more active, they cause you to feel nervous, tense and restless by increasing your heart rate, breathing pace and brain activity. When the pacifying nerves become more active, they decrease your heart

rate. Your heart continually rises and falls in a wave-like manner based on the changing interplay of the stimulating and pacifying nerves. The StressEraser allows you to visualize this wavelike activity on its screen, and guides you to synchronize your breathing with it. Within 15 minutes, you'll achieve deep relaxation. Using it for two weeks, you'll feel the difference all day long. Within a month, you'll have stress-free days. For excellent results, use StressEraser before

bed to relax and recharge during the night.

This is a medical-quality device that previously has been available only to psychology professionals. The name of this product is aptly named; using it will not only "erase" stress; it will change your approach to life and its everyday issues. It provides a lasting therapeutic benefit.

Lightweight and about the size of an iPod, the StressEraser comes with a carrying case, User's Manual, a terrific

"Getting Started" Guide and a one year warranty. Battery-operated. For sale only to U.S. customers.

#99871 StressEraser \$299.00



The Natural Solution For A Restful Night's Sleep



Based on the principles of traditional Chinese medicine, Dreamate produces a double frequency massage stimulation on specific sleep-related acupressure points on the



The "sleeping golden triangle" is located on the inner wrist and is responsible for calming the body, stress relief and sleep induction.

underside of your left wrist for calming, sleep-inducing stress relief without side effects. Pulsed electronic waves promote blood circulation to help normalize the body's biological clock into a natural sleep rhythm. Dreamate is designed to help your body naturally improve sleep quality gradually, providing a long term solution to your sleep problem, not a temporary



"quick fix." If you're having trouble falling asleep because of noisy neighbors, insomnia, stress, or traffic noise, this could be the answer you've been looking for. Ideal for shift workers, frequent travelers and insomniacs. Battery-operated.

#99870 Dreamate \$79.95

NOISE KEEPING YOU AWAKE?

Get Rid Of The Racket And Commotion

We've sold a lot of these to thousands of satisfied users, and we recommend it enthusiastically. The units are durable, lightweight and are providing many years of reliable service. They create a consistent, smooth sound of rushing air. Tone and volume of the sound are regulated by simple controls. The remarkable "white noise" sound effectively masks unwanted noises and creates a sense of calm, making it easier to concentrate, relax and/or sleep.

This popular and very economical sound conditioner is widely used for restless sleepers and to overcome appliance noises and the constant din of air conditioners. With the widespread use of office cubicles, our sound conditioners are used to effectively

mask conversations to allow for better concentration. The durable beige plastic housing is suitable for use anywhere and it occupies only 6" of space; 3" high. AC operation.

#63041 Sound Screen/Sleep Mate 2 speed \$59.95

"Your Sound Machine helps my two year old to stay asleep while my 6 month old cries in the night. Works like magic. Even my pediatrician uses them because the office walls are a little thin. I highly recommend this to other moms." L.S. Illinois



Powerful Approach To Relaxation

Activation of the right and left hemispheres of the brain occurs as two separate tracks are played simultaneously, to different hemispheres of the brain. Suggestions come from metaphors and

Take A Look At



stories spoken in the left ear as positive affirmations and

suggestions are spoken in the right ear. Both the creative mind and analytical mind are stimulated to increase motivation, confidence, focus and well being while decreasing stress, anxiety, fear and self-doubt. 56 minutes.

#81031 Art of Self-Relaxation CD \$19.99

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Dazzling Visuals Allow You To "Let Go"

Key Features:

- 50 built-in sessions in several categories (relax, meditate, sleep, learn, energize, visualize, entertain, special, and random)
- Connects to external music source

What We Like:

- Gradual on/off light pulses,



lights flash at different intervals, can be varied


- Very easy to use
- Dynamic lights not available anywhere else

Recommended For:

- Light and sound users who have become bored with their current machine
- Consciousness Explorers

Specifications: 6" x 4" x 1", internal battery, 1 year warranty.

Includes: control unit, light glasses, headphones, batteries, patch cord, and user's manual.

#42048 Luma 10 with TruWhite, Blue, Red/Blue or TenColor Glasses
 **\$229.95**

#42048 Luma 10 with ColorTrack glasses (see page 14)
\$312.95

#63619 110v Adapter
\$11.95

MORE INFO
 **OUR WEBSITE**

SUMMARY: The Luma 10 contains very innovative programming that involves "Light Weave" technology with flashes of light that change "gently" (as in a dimmer switch) from on to almost off. Light Weave technology generates visuals that create movement of patterns within colors that have never been seen before in light and sound machine technology. Brainwaves take on the same rhythm as the flashes of light making this an effective tool to alter brainwave states. Some people, however, find flashing lights to be uncomfortable. The technology used in the Luma 10 solves that problem because the lights don't flash and the intensity wavers up and down creating smoother transitions from one brainwave state to another. When the frequency of light and sound remains constant for any period of time, the brain becomes "bored" diminishing your ability to focus within a brainwave state. When the light and sound machine randomly changes its frequency within a specific brainwave state (beta, alpha, theta, or delta), the brain maintains maximum ability to focus.

Light Brightness of Our Machines

The TOOLS FOR WELLNESS Brightness Factor helps you gauge the brightness of our light glasses, from dim (1), to bright (5). Brighter light glasses promote and enhance a fuller spectrum of colors, and generally create a more spectacular and vivid visual experience (with eyes closed).



SHARE US WITH A FRIEND

Help someone else enjoy the life-enriching products at TOOLS FOR WELLNESS. Send us their name and we'll rush a catalog to them.

NEW LOW FREQUENCY RESPONSE HEADPHONES

Designed For Light & Sound Machines. See Page 39

LIGHT & SOUND MACHINES

EASY-TO-USE

All-Around Machine For Beginners

Key features:

- 23 built-in programs
- AudioStrobe Multimedia

What We Like:

- Unique random session creates a different session every time it runs
- Manual control (0.1 to 30.0 Hz) of pulse rates to create precise stimulation protocols for personalized exploration
- Turns any sound source into a synchronized light show
- Terrific value and easy-to-use

Recommended For:

- Beginners
- Professionals to recommend to patients

Specifications: 4" x 3" x 1", battery-operated, 1 year warranty

Includes: PureWhite™ white light glasses, headphones,



patch cord, user's manual, carry case, AudioStrobe Multimedia, sample CD, AC adapter.

#42688 Sirius \$99.00



SUMMARY: Easy-to-use, excellent reliability, many features at a terrific price. Built-in programs for relaxation, learning, increased energy, visualization, sports performance, and more. Stylish, compact control console with built-in folding stand. This is important when you want to relax at home, be more productive at work, or help with jet lag while traveling.

Program Your Own Light And Sound Sessions

Learn how to use both sound and light to control your state of mind. For use by owners of all light and sound machines. 95 pages, by James Mann.

#46014 Awakening Mind I
\$45.00



CAUTION

Persons subject to any form of seizures or epilepsy, using a pacemaker, or suffering from cardiac arrhythmias or other heart disorders, **SHOULD NOT** use any light and sound machine without medical supervision.

FREE TO PURCHASERS OF LIGHT AND SOUND MACHINES

Written by a long-time user, this booklet helps you to maximize their enjoyment while avoiding commonly-made mistakes. Booklet shipped **FREE** with orders of all light and sound machines.

"I am enjoying the Light and Sound machine and am so very happy that you exist to offer the different items that are difficult to find anywhere else. I also find that you have the best customer service both on the phone and online. I am a lifetime customer. Thanks again. I'll be back soon." — C. S. Wilmington, Delaware

EVERY INDIVIDUAL IS UNIQUE

Different products result in different effects on people. People with special sensitivities may experience some unwanted side effects. Other users report that benefits didn't start to occur for several days. This can be attributed to the cumulative effects of many of the products in this catalog.

LIGHT & SOUND MACHINES

A SUPERB MACHINE

You Won't Outgrow This One Anytime Soon

Key Features:

- 64 built-in sessions (stores an additional 25)
- AudioStrobe Multimedia
- Connects to external music source

What We Like:

- Unique features: gradual on/off light pulses, can change the session time, random light flash setting
- Lots of tone selections: surf, chords, binaural beats, dual monaural binaural beats
- Manual control (frequency range 0.25–42)

Recommended For:

- Meditators
- Consciousness Explorers

Specifications: 6" x 4" x 1", battery-operated, 1 year warranty.

Includes: control unit, light glasses, headphones, patch

cord, and user's manual

#81073 InnerPulse with TruWhite, Blue, Red/Blue or TenColor Glasses \$259.95

#81073 InnerPulse with ColorTrack glasses (see page 14) \$349.95

#63619 110v Adapter \$11.95



Advanced Programming Allows For Creating Dynamic Sessions

Key Features:

- 50 built-in sessions (stores an additional 100)
- AudioStrobe Multimedia
- Random sessions
- Connects to external music source

What We Like:

- Unique features: advanced programming software, BiColor red/green light glasses,
- Manual control (frequency range 0.4 – 50)

Recommended For:

- Advanced Users
- Consciousness Explorers
- People who are adept at computer programming

Specifications: 4" x 3" x 1", battery-operated, 1 year warranty.

Includes: control unit, red/green light glasses, headphones, computer cable, patch cord, AudioStrobe sampler CD, AC adaptor and user's manual.

#75044 Proteus \$159.00



SUMMARY: Has sine wave light which pulses light waves that start dim and gradually increase until full illumination, and then gradually decrease in light intensity. This means that your eyes will be very relaxed because it is not stressful on your eyes like other machines that pulse - off/on.

The breath-pacing programs entice you to extend your inhalation/exhalation via vis exercises that actually allow you to "see" through an increase, or decrease in light intensity corresponding to your breathing. The InnerPulse contains another unusual feature called "Phase Erase". Let's say you are "locked" into a particular state of mind, such as daydreaming. You can use "Phase Erase" to recondition your mind. Select the frequency associated with daydreaming. Choose the Phase Erase feature, and random light flashes within that brain state zone will disassociate your brain wave patterns, helping you to learn other options.

SUMMARY: It features both rich red and deep green lights. While red is stimulating, green is relaxing. The results of using both red and green light is very intense "magical" imagery. When your eyes are closed, you actually see "dichroic colors", the same vivid iridescent colors that occur on tropical birds.

The Proteus has an amazing array of programs featuring different uses of sound. This definitely impacts your state of consciousness because sound quickly changes emotions. The Proteus is special because it has dual color choices, meaning that you can accent one color over the other. For example, you can slowly dim red light, while slowly increasing the intensity of green light. This can be a great help in transitioning between brain states.

The Proteus software also allows you to alter sound waves from square to sine, to triangle. What this means is that the quality of your sessions can be dramatically impacted. Square sound waves are typical of wind instruments like a trumpet, while sine waves occur in piano and violin. Triangle waves are what occur in percussions instruments like drums and triangles. If you are a sound wave voyeur, you'll enjoy the Proteus.

Guide To Light And Sound Machines

Unit	Price	Description	Built-in AudioStrobe	Can Be Customized	Compact Size
Sirius	\$149.00	Beginner's Unit			X
Luma 10	\$229.95	Beginner's Unit			X
Proteus	\$199.00	Intermediate Unit	X	X	X
Procyon	\$299.95	Advanced Programs	X	X	X
InnerPulse	\$259.95	Advanced Features	X	X	X
Zen Master	\$229.95	Intermediate Unit		X	X
DAVID Pal	\$259.95	Advanced Features			X
Nova Pro 100	\$439.95	Advanced Features	X	X	

For Brainwave States And Relaxation

Take a virtual trip through a world where audio and video synergistically come together. Journey into a place where inner and outer space converges into a universe of endless possibilities. Enjoy relaxing entertainment and mind



expansion while you connect with feelings of infinite space. You will love the lush colors of the sacred geometry images combined with pulsing frequencies of sound. DVD.

#41028 AV3x: The Innerscape Adventure \$34.95

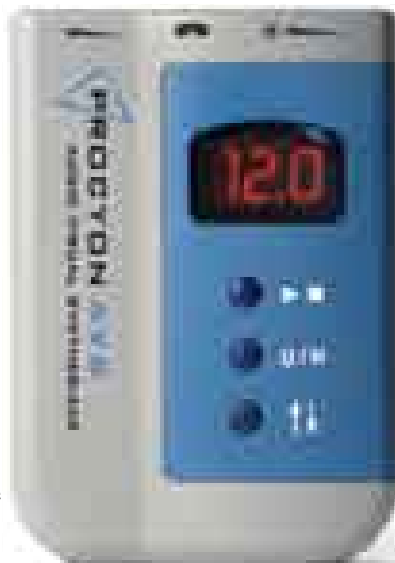
FULL SPECTRUM AUDIO-VISUAL SYNTHESIZER

Advanced Light & Sound Technology

A new kind of light and sound experience, melding a full spectrum of color choices with clean, pure digital sound. The resulting new mediaform can be used to modulate states of consciousness in rich new ways. Its state-of-the-art color synthesis elements can modulate smoothly between fields of pure color (ganzfeld), through subtle shimmering effects, to full-on flicker frequency range up to 75 Hz. Each color channel (red, green, and blue) is independently programmable, allowing up to three simultaneous stimulation frequencies at once. This variety of innovative visual effects enables a new kind of audio-visual experience, and can closely match color to the desired mental state.

It also has the ability to precisely synchronize audio material on a CD or MP3 with a Procyon program. This exclusive feature, called SynchroMuse, is ideal for use with color-work, language learning, hypnotherapy, personal growth and the immense libraries of music now available.

- 255 shades of each color (red, green, blue)
- Complex, multiple visual effects and waveforms
- Frequency range: 0.1 to 75.0 Hz
- Large flash memory storage
- Each color channel is independently programmable
- Digital audio interface
- Can be controlled by a PC or other devices with its USB interface



Includes: Control unit, GanzFrames color glasses, headphones, USB cable, carry case, manual, free programming software via download, and one year warranty.

#46081 Procyon \$299.95



SUMMARY: The first of the advanced audio-visual synthesizers. Pure and vivid flickering light. Programmable and expandable. Recommended for users of light and sound machines who want to advance to state-of-the-art technology.

BRAINWAVE CHART

Brainwaves range from fast to slow (approximately 0.5 to 40 Hertz, or cycles per second)

Brainwaves (frequency—c/s)	Active State (when Rested)	Passive State (When Stressed)
Beta 13+ c/s	Concentration	Alert
Alpha 8-12 c/s	Learning-recall	Day Dreaming
Theta 5-7 c/s	Lucid visualization	Dreaming
Delta 0.5-4 c/s	Clearing	Deep Sleep

LIGHT & SOUND MACHINES

Heart Rate Feature Promotes Deep Relaxation

Key Features:

- 18 built-in sessions
- Music modulation
- Connects to external music source



What We Like:

- Heartbeat sound (to pace your breathing)
- Tru-Vu Omniscreen light glasses with 3 color therapy filters,
- Small and light-weight

Recommended For:

- Beginners
- People who want to condition themselves with heart beat sounds

Specifications: 2 1/2"x1"x3 1/2", internal rechargeable battery, 1 year warranty.

Includes: control unit, Tru-Vu Omniscreen glasses, headphones, 9 volt battery, patch cord, user's manual.

#42042 DAVID Pal \$259.95



SUMMARY: Well thought-out machine so beginners can get maximum benefits. The heart beat feature enables the user to rapidly settle down after a stressful situation. You get great visuals from the music modulation feature. The Tru-Vu Omniscreen light glasses are unique to this machine and are very gentle on the eyes.

ENHANCE THE TRANCE!

For Consciousness Exploration And Spellbinding Mental States

This is a powerful formula of unique ingredients, specifically balanced to promote a sense of tranquility and reduce mental and emotional distress. Users report a wonderful boost to their experiences with light and sound and other consciousness – boosting adventures, such as inner journeying, meditation, tantra, and deepened intuitive awareness.



The blend of Kava Kava, Ginkgo Leaf, Passion Flower, Kola Nut, Bilberry, Schizandra berry, Chamomile Flower and a very fine variety of Korean Ginseng produce a synergy where the "whole is greater than the sum of its parts."

This is a powerful nootropic combination and contains no Ephedra. For adult use only and not to be used while driving or operating machinery. The spray bottle makes it easy to put 2-10 sprays under your tongue for exceptional absorption. Each bottle contains 30-50 doses.

#41063 Altered States 1 oz.
\$39.95

Buy 2 and SAVE! \$34.95 each

Read About Light And Sound

"Must" reading for those serious about using light and sound. Learn about binaural beats, biofeedback applications,

ADD, brain symmetry, memory and learning. 38 pages

#42555 Advanced Guide to Light and Sound
\$6.95



LIGHT & SOUND MACHINES

Expand Your Light And Sound Sessions With New Glasses



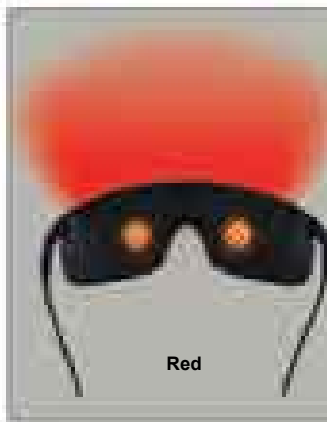
For vivid visuals



For sleep and deep rest



For creative visualization



For energy

How To Select Light Glasses											
If your machine is a Nova Pro 100, InnerPulse, Luma 10, Muse Sharp, Zen Master, choose:						If your machine is an Orion, Proteus, Sirius, DAVID Paradise, Audio Imaging Decoder, choose:					
• TruWhite	#32102	\$109.95	• Blue	#25032	\$109.95	• TruWhite	#32101	\$109.95	• Blue	#25031	\$109.95
• Red	#46015	\$39.95	• Red & Blue	#63047	\$109.95	• Red	#46016	\$44.95	These three glasses are available by special order only. Allow additional 7-10 days for delivery.		

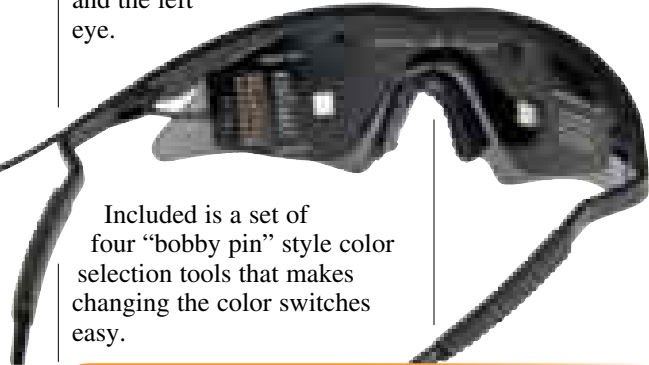
Multi-Color Light Glasses

TENcolor™ Lightframes feature independent left eye/right eye color selection and connect directly to most light and sound machines.

The TENcolor hues will vary somewhat depending upon which light and sound instrument they are being used with, but the general colors are:

- PURE RED
- ULTRA RED
- ROSE QUARTZ
- YELLOW CALIFORNIA GOLD
- "WHITE"
- PURE GREEN
- AQUA
- PURE BLUE
- INDIGO
- VIOLET

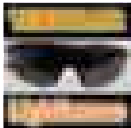
Located on the left side of the TENcolor Lightframes are eight color selection switches, controlling the right eye color and the left eye.



Four small peel-off black dots are also included with an instruction sheet. Many TENcolor users have found placing one dot, dead-center, over each LED chip better diffuses the light stimulation across each eye lens. Conversely, many do not apply the black dot over each LED chip, preferring a more intense illumination. This is obviously a personal choice for the user and we therefore include them for your experimentation.

TENcolor Lightframes will work on the following Light and Sound Mind Machines: MindGear (all models), InnerQuest (IQ I, II, III and Jr. models), Photosonix (Luma 10, InnerPulse, Muse Sharp and Nova Pro 100)

#51043 TENcolor Lightframes \$89.95



State-Of-The-Art Light And Sound Glasses

Surely, these new glasses are a result of the "wish list" of all serious users of light and sound machines. To all those who dreamed about a product like this, your wish has become reality. Phenomenal electronics inside these glasses allow you to take advantage of these many features:

- A 20-color menu, including two selections with different colors in each eye
- One menu selection where the color responds to the flicker frequency that is fed into the glasses; the color actually tracks and changes with the frequency
- Color and intensity controls in the glasses for conveniently changing the color or intensity by pressing a button
- Ultra-bright LEDs create remarkable visual images
- Downloadable



• Works with virtually every light and sound machine
The kaleidoscope of colors and patterns will take you along a colorful adventure, producing a new and engaging experience, even to those who have used light and sound for a long time. A revolutionary age of light and sound glasses is here. Come along and explore!

the leader in audio-visual stimulation, these glasses are sure to please the most knowledgeable and discriminating light and sound user. The name "ColorTrack" comes from the frequency-following mode in which the color responds to the frequency of stimulation. No other light and sound glasses even come close.

#46091 ColorTrack Glasses \$199.95

Works with InnerPulse, NovaPro 100, Muse Sharp and Luma 10

100 FASCINATING PROGRAMS

Advanced Mind Machine

Key Features:

- 100 built-in sessions (stores an additional 100)
- AudioStrobe
- Connects to external music source

What We Like:

- You won't outgrow this machine

- 2-user system
- Lots of tone selections – 8 (tone, surf, chords, binaural beats, binaural beats with surf, dual monaural binaural beats) with 6 octaves of pitch (16 – 960 Hz.)
- Manual mode (frequency range 0.25 – 42)

Recommended For:

- Researchers
- Professionals
- Experienced and Advanced Users



LIGHT & SOUND MACHINES

Specifications: 4" x 9" x 1", internal rechargeable battery, 1 year warranty.

Includes: control unit, light glasses, headphones, AC adapter, patch cord, programming software, computer cable, and user's manual.

#48603 Nova Pro 100 Specify TruWhite, Blue, Red/ Blue or TenColor Glasses \$439.95

#48603 NovaPro 100 with ColorTrack glasses (see page 14) \$523.95

SUMMARY: It offers more programs than any other machine; 100 different programs authored by talented session programmers. Microphone jack—an industry FIRST! Therapists and hypno-therapists can now talk to their clients while in a deep receptive state. Two user capability allows for two people to do sessions at the same time. For those into sound therapy using binaural beats this unit has very low pitch control. In manual mode, you can create binaural beat, and dual binaural beat frequencies using very low pitches (carrier waves). It's like getting two machines in one.

CD Player With Light And Sound

Key Features

- Built-in CD player
- 50 internal sessions; stores an additional 25
- Lightweight and portable

What We Like:

- Comes with a very handy CD player inside
- Sparkle feature enhances the visuals
- Manual mode and random select feature

- User-friendly controls

Recommended For:

- Music aficionados
- Beginners

Specifications: 6" x 5" x 1 1/2". 1-year warranty. Battery-operated or use AC adapter (not supplied). Includes: all-in-one control unit, white light glasses, headphones, user's manual.



#75336 Zen Master \$229.95

#25032 Blue glasses \$109.95

(For meditation and sleep)

SUMMARY: For people who listen to a lot of music, the Zen Master makes it very easy to do so and also add visual effects to the music. The built-in CD player is a welcome feature.

Use Biofeedback To Achieve A Deeper Sense Of Well-Being, Relieve Stress, And Live A More Balanced Life

By artfully combining beautiful biofeedback activities with effective meditation and breathing techniques, HEALING RHYTHMS allows you to transform the rhythms of your mind and body as you

watch them play together on your computer screen.

- Finger sensors measure your skin conductivity levels and heart rate variability
- You are able to watch your real-time feedback
- Outstanding full color training manual and user's guide
- Track your improvement over time
- 30 guided meditation and breathing exercises
- Developed in conjunction with Andrew Weil, M.D., Deepak Chopra, M.D. and Dean Ornish, M.D.

Rediscover your body's natural healing abilities with HEALING RHYTHMS, a truly outstanding product from the folks who brought you WILD DIVINE.

#99868 Healing Rhythms \$295.00



Mac and PC installation disk included. Requirements: Mac G4 or higher, OSX v10.2.8 or higher. PC Windows 2000, XP or higher, 1.25 GHz processor.

BIOFEEDBACK



1-800-456-9887

15

THE JOURNEY OF THE WILD DIVINE

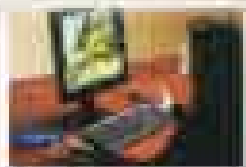
The First “Inner Active” Computer Adventure Using Biofeedback

By integrating biofeedback as a tool to gain access to the mind-body connection, *WILD DIVINE* allows a person to “see” how their body is responding to certain stimuli. As a result, you will learn techniques to alter brain activity, blood pressure, muscle tension and other critical bodily functions.

How It Works: Using the LightStone™ and finger sensors, our unique biofeedback device allows you to progress through the game’s enchanting and mythical landscapes using the power of your thoughts, feelings, breath and awareness.

Meet Your Guides: Wise mentors teach you meditation and breathing exercises as they guide you gently throughout the realm helping you to cultivate a new sense of self awareness that is both peaceful and mindful.

Biofeedback Events: Learn to focus through Zen Archery, build a magic stairway with your breath, juggle halls with your laughter – these are just a few of over 40 energy events you will discover on your journey.



An enchanting adventure for mind, body and spirit that links special biofeedback equipment with your computer to create an enlightening and entertaining multi-media experience. Visit a mythical world of towering palaces, sacred temples, sumptuous gardens and wise mentors where you are challenged to deepen your self-awareness with every step you take.

The benefits from doing the sessions include:

- Enhanced powers of creativity, intuition, and concentration
- Reduced stress and anxiety
- A sense of being in balance, connected, and in the “zone”
- Increased relaxation and energy
- Improved mental and physical performance
- Greater awareness of mind and body

This unique biofeedback device measures skin conductivity and heart rate, then the signals are fed back to you through energy “events” on your computer screen. By increasing, decreasing or synchronizing body rhythms, you’ll quickly learn to master the “events” and progress... all while enhancing your personal growth and well-being. You’ll be able to share the “Journey” with another player, if you wish. Family and friends will enjoy the “Journey,” too.

Works with PC and Mac. Contains: Energy Translator and 3 biofeedback finger sensors, cables, software, user’s manual, “Soul Flight” music CD, and a 115 page companion guide. What a great gift item!

#42556 WildDivine \$159.95



Part II Of The "Journey" Series

Experiment with advanced biofeedback techniques as you are enveloped in breath-taking three dimensional landscapes, soothing music and inspiring visuals. This will enable you to build upon the knowledge you acquired in Part I, The Passage, by teaching new meditation and breathing techniques. Includes: "Game Quest" and "Guided Activity" modes, new manual with tips and strategies for meditation, new music and more!

Greatly expands the original "Journey."

#42692 Wisdom Quest \$59.95



Grapher Expansion Pack

Allows users to save Heart Rate Variability, Skin Conductance Level, and Raw Heart data during play. You can view this data while using other stimuli as a real-time biofeedback device. Saves data in ASCII format and prints in full color. Requires 256 MB RAM, 800 x 600, 24 bit color display and a CD-ROM drive. A great addition to your original investment in Journey To Wild Divine.

#42709 Grapher Expansion Pack \$49.95



Find Deep States Of Relaxation And Peace

This accessory provides rapid visual and auditory feedback by showing changes in your stress levels. Using the three finger sensors allow you to read your stress levels by directly changing the 3D environments. The beautiful imagery and music in this marvelous program provide:

- More accurate stress measurements
- Relaxing musical feedback
- Environment descriptions
- Beautiful backgrounds
- Line graph displays
- Full screen option

#99860 Particle Editor 3 \$89.95



A Video Game That Improves Life Skills

You'll learn to relax under pressure. You'll be able to apply this relaxation training to your daily life. Sensational graphics and clever strategies teach you how to relax to win!

Beat the game by mastering your mind & emotions (shown by skin sweat & heart rate). Apply this mastery to your everyday routines to remain calm during stressful situations.

This video game improves life skills. You don't need to try to relax. Just play the game and the feedback will teach you.

#99861 Inner Tube \$79.95

BIOFEEDBACK MADE EASY

Relax And Reduce Stress

The ThoughtStream Performance Feedback System precisely and accurately measures minute changes in the conductivity of your skin.

Changes in your skin resistance directly correspond to changes in your stress or relaxation level as reflected in changes in perspiration, muscle tension, pulse rate, respiration, body temperature, blood pressure, etc.

These changes are usually so subtle that you are not consciously aware of them. The term biofeedback has come into popular use to describe the assistance of a device to help amplify these changes as they are taking place.

Biofeedback can tell you a great deal about the influences that affect the way you feel and react to situations. It is a powerful way for you to acquire more control over your life. You can learn to become more

relaxed, to release stress with greater ease, and to be able to exercise greater control over the influences that affect the way you feel and react to



situations in stress-filled lives.

How it works:

ThoughtStream measures changes in the electrical conductivity of your skin. When skin moisture increases, conductivity goes down; moist skin conducts electricity better than dry skin. As you relax, your skin moisture content decreases meaning that electrical conductivity decreases as well – a highly accurate reflection of changes in your physiology. This

information is translated into audio and visual signals which provides the biofeedback reading.

You'll enjoy using ThoughtStream because of the immediate and positive reinforcement you will receive. It's like riding a bicycle: A bicycle is a tool to efficiently get you from one place to another in less time and with less effort, but you are responsible for doing the work. **ThoughtStream works with you to more quickly and easily help you calm your mind and release muscular tension.**

ThoughtStream is a particularly valuable addition to many relaxation and personal growth training programs. We are sure you will get many years of benefit from this device.

Includes: User Guide, Program Log, a program of sophisticated mental games, palm sensor, headphones and carry case.

#75049 ThoughtStream \$129.95

ThoughtStream is not a medical device, and therefore is not intended for use in the diagnosis, mitigation, treatment or prevention of disease.

BIOFEEDBACK

MEASURE YOUR OWN STRESS And Learn How To Reduce It

The GSR-2 precisely monitors your stress levels by translating tiny tension-related changes in skin pores into a rising or falling tone. By resting two fingers on the sensors, you learn to lower the pitch and your stress level.

It can also be used for entering deep states of relaxation, enabling you to access guided imagery, psychotherapy, physical rejuvenation, meditation and to manage your stress levels.



Deluxe System

It's easy to use and takes only 15 minutes. You get everything that you will need in both the basic and deluxe kits. In

addition, The Deluxe System allows you to do hand warming" biofeedback, as it also includes a temperature sensor and remote electrodes for hands and feet. **DELUXE SYSTEM** GSR2 Biofeedback unit, earpiece, finger temperature and GSR gauge, temperature meter, thermometer, owner's manual, instructional CD and carrying case. Our customers prefer this all-inclusive kit.

**#46069 Deluxe GSR2
Biofeedback System
\$139.95**

BASIC SYSTEM GSR2 Biofeedback unit, earpiece, operator's manual and instructional CD.

**#46068 Basic GSR2
Biofeedback System
\$59.95**



**MORE info
OUR WEBSITE**

RE-ENERGIZE YOUR EMOTIONAL SYSTEM Increase Your Motivation, Energetic Drive and Focus



Your heartbeat is your body's most meaningful rhythm. The accurate, Freeze-Framer system effectively monitors heart rhythm. Subtle changes in heart rhythm have been connected to shifts in emotional and mental well-being.

Using the Freeze-Framer system in a short midday break is very effective in offsetting the afternoon drag and re-energizing the emotional system.

When you're stressed, the beat to beat changes are chaotic and can be observed on the Freeze-Framer heart rhythm monitor as a jagged, incoherent wave form.

But, it doesn't have to be that way. **Why not practice intentionally shifting your**

heart's rhythm into a coherent pattern? Even when you're not feeling stressed, it can't hurt. It's easy with these three steps: Heart focus, Heart breathing, Heart feeling. Make what's natural more normal in your life.

Most people find that using the Freeze-Framer in a quiet place for five minutes or more, a couple of times a day helps to accumulate energy, recharges their emotional system, and cushions the impact of day-to-day stress and anxiety.

The Freeze-Framer Features:

- Fingertip pulse sensor
- Real-Time pulse and HRV monitoring
- Entrainment scoring and feedback
- Frequency spectrum summaries
- Three easy, fun and self-reinforcing games
- On-Demand Session Review
- Session to session progress review
- In-depth on-line reference menus

Contains: Software CD, Fingertip pulse sensor/foam finger spacers, Quick Start Guide, User's Manual, book by Doc Childre and Heart Zones: Music CD.

**#42551 Freeze-Framer
Version 2.0 \$295.00**

See the Stress Melt Away



The Stress Thermometer displays accurate digital

temperature readings. By testing different methods of relaxing, breathing, laughing, or just letting go of held muscle tension you will see the temperature rise. With practice, you can learn to relax at will. Easy to read digital display with tilting desktop stand

Includes: "Time To Relax" CD, and training guide.

**#46070 Stress Thermometer™
Kit \$29.95
Buy 5 and SAVE! Only \$24.95 each.**

A NEW WAY TO RELAX

Get Rid Of Stress

Learn to deeply relax and let go of chronic muscle tension that may cause headaches, insomnia, jaw tension, stiff upper shoulders and fatigue. Many of us cannot voluntarily relax the muscles that would really make a difference



in how we feel. Three sensors read the muscle activity of your forehead (which shows your overall level of muscular tension) and feed it back as an audio tone. Simply close your eyes and learn to release the stress that often causes headaches and mental tension. Battery-operated; 1-year warranty.

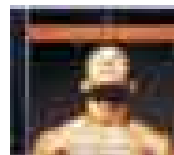
**#46072 Antense®
\$159.95**

Take A Look At

Master Your Mind

Flow into a state of relaxed concentration where the right and left hemispheres of your brain move into perfect sync. You'll feel

invigorated as you access up to 90% more of your untapped ability to learn.



**#45003 Brain Power
\$14.95**

Increase Memory Capacity – Improve Concentration And Language Abilities – Enhance Mental Efficiency Sharpen Cognitive Processing

Brain Fitness is a new way to improve your thinking ability quickly and easily. 20 minutes a day is all that is needed to greatly improve your cognitive skills. It will give your mind a workout that tests your recent memory, language skills, concentration, and ability to decipher, classify, and order concepts.

The CD-ROM contains 28 fun and innovative exercises (with difficulty levels) and tools that will provide your brain with a full mental workout. Your brain requires complex stimulation to build brainpower and this program provides just that!

You'll increase thinking ability, prevent brain aging, and hone all five cognitive functions: memory, language, logic, concentration and visual/spatial skills. Moreover, it will provide you with the tools to monitor

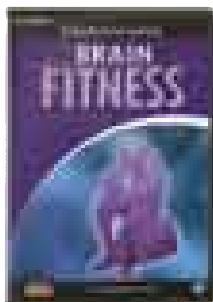
and track your progress... and compare your performance with other individuals of the same age, gender, and educational level.

For example: You can choose to take a tour of exotic places around the world. You'll be asked to remember details about your "virtual visits" throughout the exercises. Engage

your friends and family to join you; Brain Fitness can track the progress of multiple users.

No matter what your age or skill-level, your mind will be challenged. If you choose to put your mind to work, to stimulate it and use it in the most efficient way, Brain Fitness is for you. Makes a great gift, too! System requirements: Windows, Pentium II 266, 64 MB RAM, CD-ROM 4X, and 100 MB free disk space.

#99825 Brain Fitness \$64.95



Nourish Your Memory



Bacopa Monniera, a 1000 year old Indian Ayurvedic brain nerve tonic, is now being recognized for its memory-enhancing and revitalizing effects. It also

nourishes neurons, inhibits age-related cognitive decline, improves spatial memory, enhances episodic memory, and alleviates anxiety.

#75019 Bacopa Vitality 90 capsules \$15.95

Take A Look At

"Mind Power"
Page 42

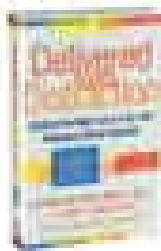
"The Einstein Factor"
Page 42

How To Get The Most Out Of Life With ADD

This is a comprehensive and up-to-date guide to living a successful life with ADD. Tailored

expressly to ADD learning styles and attention spans, this book provides accessible, engaging discussions of every aspect of the condition, from diagnosis to finding the proper treatment regimen. Several gripping profiles of ADD patients who have triumphed are included. If you have ADD or care about someone who does, this is a "must read" book. Hardcover. 416 pages.

#99955 Delivered From Distraction \$25.95



MEMORY AND A.D.D.

IMPROVE FOCUS, REDUCE DISTRACTIONS, AND INCREASE ATTENTION

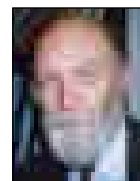
Inexpensive, Direct and Proven Approach

Played softly in the background, this program contains subliminal sounds that are proven to boost alertness and reduce mental fuzziness. Listening for only two minutes produces great results. Rather than "entraining" brainwaves, these sounds can be used to "disentrain" the kind of brain activity associated with foggiess, distractibility and inability to focus.

This CD actually reduces the "neurological noise" so you can concentrate; it was developed by Dr. Paul Swingle Ph.D., a clinical psychophysiolgist who measured the effects of various subliminal frequencies at various volumes until he discovered the almost magical formula reproduced in this product.

Play Gently in the Background

The audible "pink noise" (a warmer version of "white noise") should be played softly



Paul Swingle, Ph.D

in the background. It sounds like the "whooshing" of wind through trees or the "shushing" of distant traffic. Its frequency tones are embedded at a much lower volume, below the threshold of awareness.

How To Use Effectively

It is effective with speakers or headphones. It can be played immediately before any activity

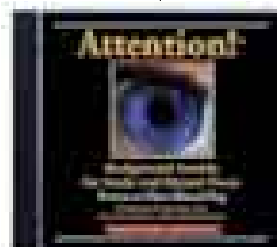
when mental clarity is desired, or continuously for as long as an hour when unbroken concentration is desired. The CD contains four tracks, each specially recorded at a

specific sound pressure level to be maximally effective for people with different hearing habits and characteristics. Longer lasting results can be achieved by setting the CD player to "Repeat". 15 minutes

#48410 Attention!™ CD

\$19.95

**Great for classroom
and therapeutic work!**



USE IT OR LOSE IT!

Test And Improve Your Memory

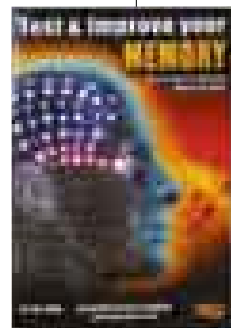
This is a workout designed to challenge the limits of your mind, build-up your brain power, develop creativity...

and have some fun without noticing that you are improving your memory. These exercises take the memory function and place it in a unique and fun universe, training with various "games" and difficulty levels. There are 12 programs that work not only on your

memory but also all other mental skills such as logic, language and attention. It's quite an innovative approach

to a problem that's getting much attention these days... not only with senior citizens, but from baby boomers as well. You will love the beautiful graphics and how easy it is to operate. A PC and a 4x CD-ROM is required.

#42672 Test And Improve Your Memory \$59.95



VIBRANT HEALTH AND DETOX

An Intelligent Approach To Growth Hormone

Users of Hgh Plus report increased energy and libido, memory improvement, elevated mood, improved sleep, immune system enhancement, restoration of hair and muscle mass, improved skin texture, and much more.

How is Hgh Plus different from other products?

Hgh Plus is the only formula that stimulates your body to produce the optimal HGH amount for your system. This gentle approach works with the naturally occurring rhythms and cycles of the body. Most other products use synthetic or non-botanical ingredients. Some even contain potentially harmful



mega-dose amino acids. By contrast, the ingredients of Hgh Plus are 100% natural; there are NO synthetic ingredients. This product is composed of herbs that are wild crafted and free from pesticides or other harmful additives. This is important, as the body accepts herbs like foods, allowing them to be readily absorbed. The liquid form has a high absorption rate. The carrier solution is rice vinegar and soy seed oil, not harsh chemicals.

This formula has a long history of use. It was initially developed by a master herbalist and expert in clinical nutrition. It has been shown to be gentle and safe to use. 1 oz. is approximately one month's supply.

#61043 Hgh Plus 1 oz. \$59.95

#61046 Buy 3 for \$179.95 and get one FREE

Growth Hormone

Naturally produced by the body, growth hormone levels start declining after the age of 25. People who have augmented this depletion with this type of dietary supplement report that they attain higher energy levels, show an improvement in skin and hair quality. They experience enhanced sexual performance, improved memory, and a greater feeling of overall well-being. Contains 2,100 nanograms per cc in a 1 oz. bottle.



#34056 Omega Growth Hormone Synthesized 1 oz. \$149.95

Buy 2 bottles and SAVE! \$139.95 each

Growth Hormone Capsules

This is an all-natural, free form amino acid blend, which provides optimal and rapid absorption. Contains no milk proteins and is hypoallergenic. Take for 3 months, then skip a month. This regimen avoids the potential depletion of vitamins and minerals, precursor which may lead to enzyme exhaustion.



#48407 Pro Symbio-Plus 180 capsules \$89.95



SHARE US WITH A FRIEND

Help someone else enjoy the life-enriching products at **TOOLS FOR WELLNESS.** Send us their name and we'll rush a catalog to them.

Ron Teeguarden's Dragon Herbs

The Most Effective Source of Chinese Tonic Herbs

LIVE IN A RELAXED, FOCUSED AND HEALTHY WAY

With An Anti-Stress Formula

Stay calm yet alert with Alphonthean, a green tea shown to produce healthy alpha brainwaves. 60 capsules

#83055 Tao In A Bottle \$29.95

BRING THE BODY INTO A STATE OF HARMONY

With An Adaptogenic Formula

Helps the body to adapt to various stressful challenges posed by chemical agents, by promoting a cellular and systemic balance. 100 capsules.

#72099 Super Adaptogen \$22.95

OPEN THE PRIMAL ENERGY CHANNELS AND PROMOTE THE FLOW OF ENERGY

Used By The Chinese Zen And Daoist Traditions

This formula is extremely centering and has an astringent quality, preventing the leaking of Jing. 100 capsules

#72093 Microcosmic Orbit \$20.95



CALMS, SOOTHES AND UPLIFTS THE SPIRIT

Develop A Peaceful, Universal Attitude

This is a superb tonic for those suffering from anxiety, excessive worry, chronic fear and those who are experiencing physical or mental exhaustion. 100 capsules.

#41044 Pearl Shen \$28.95

STRENGTHEN MENTAL AND CREATIVE POWER

An Excellent Sexual Tonic And Athlete's Formula

This is based on an 1100 year formula used to build yang, especially those in good health who wish to increase their creative and sexual capacity. 100 capsules.

#72098 Supreme Creation \$54.95

A POWERFUL SHEN TONIC

Enhances Immune System And Protects the Liver

This extract is made from wild red Reishi found only in the Changbai Mountains, and is not widely available in other Reishi products on the market. 2 oz.

#41042 Wild Reishi Drops \$45.95

RADIANT HEALTH, SPIRITUAL PEACE AND LONGEVITY

With Reishi Herbs

Promotes calmness, centeredness, balance, inner awareness and strength. Reishi is used to develop energy, improve digestion, improve sleep, reduce stress, and to aid in strengthening the immune system. Made from 100% Duanwood Reishi. 100 capsules.

#41038 Duanwood Reishi \$36.95

VIBRANT HEALTH AND DETOX



AIDS DETOXIFICATION – EASES DIGESTION AND PMS DISCOMFORT

A Natural “Listen To Your Gut” Approach Without Drugs

This is an 8” pillow filled with grains that can be heated (in an oven or microwave) and is designed to draw blood and nutrients toward the stomach. It soothes the symptoms of many stomach and intestinal disorders, such as irritable bowel, common belly aches, stress, cramps, PMS, etc. The weight and warmth of the pillow does wonders without relying on drugs and treatments to solve the problem. It works on the Solar Plexus, which is regarded by Eastern healing practitioners as the “seat of our emotions.” Includes instruction manual. Burgundy color.

#99864 The Belly Buddy \$34.95

Gut Wisdom

Most healthcare professionals now recognize that the gut and brain are inextricably connected. Positive thoughts of joy, peace, and love contribute to a healthy gut. Negative thoughts of rage, resentment, and anxiety are like toxins in the gut. This book will help you learn how to listen to your gut to achieve total health. Written in a friendly style that gives you specific, practical procedures to help with your problems.



#99865 Gut Wisdom \$15.99

Detoxify While You Sleep

BodyPure is a soft, potent footpad designed to absorb toxins from your body.

Developed from years of medical research in Japan, this natural herbal product is effective in cleansing the body from the inside out. It is effective in absorbing body toxins, combating



fatigue, improving circulation, increasing metabolism, and repairing a compromised immune system.

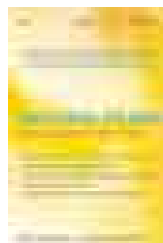
Each 2” x 3” pad is made from fermented walnut and bamboo wood materials, containing a Tourmaline Gemstone. There are no chemical additives. Use one pad on the bottom of your foot for 8-10 hours (usually overnight). The footpads are placed on the

arch of the foot to maximize the detoxification, since that particular area of the body hosts reflexology points to most of the major organs of the body. For best results, alternate between left and right foot, and use for at least 10 days. Through stimulation of circulation, the normally slow detoxification of the system (through the body’s sweat mechanism) is accelerated, allowing for the removal of toxins such as Mercury, Lead, Arsenic, asbestos, plastics, dyes, etc. from the body. The visual evidence is compelling... the pads become discolored. 10 pads per box.

#51081 DetoxPads \$29.95

Trade In Your Cigarettes, Alcohol, Coffee And Sugar For A Healthy You

In an average week, Americans drink 4.5 billion sugared or caffeinated soft drinks, 2.3 billion alcoholic drinks, 1 billion cups of coffee, 3.4 million cups of tea, smoke 8.3 billion cigarettes, eat 400,000 tons of sugar and 20 million pounds of chocolate. In addition, 146 million



antidepressants and 83 million tranquilizers are prescribed each year. Whether it’s to relax, get a boost or just plain feel good, it is clear that we are dependent on chemical stimulants. This book offers practical alternatives. 340 pages
#41058 Natural Highs \$14.95

ACHIEVE TOTAL HEALTH AND LONGEVITY

This could be the scientific answer to how to reverse or prevent the debilitating effect of aging, including memory loss, weight gain, sexual dysfunction, and Alzheimer’s. The author’s key



to longevity and well-being is balancing the brain’s four important neurotransmitters. A simple test is offered which determines which of the four is dominant in you, and what you can do to maintain the right balance. Softcover, 256 pages.

#42668 The Edge Effect \$12.95

Oxygen Therapies For A Polluted World

Author Ed McCabe’s book discusses the problems caused by lack of oxygen in the body, proven and safe solutions, and gives the historical and modern proof of the effectiveness of various oxygen therapies. Oxygen gives you energy, it helps alkalize your blood, which brings the vital nutrients from your food to the cells for rebuild and repair. 591 pages

#42019 Flood Your Body With Oxygen \$27.99



Reduce Swelling With Pure Colloidal Gold

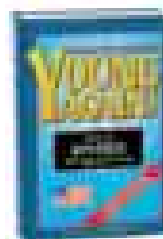
Colloidal gold has been used for centuries for a variety of ailments including easing the discomfort of rheumatoid arthritis. It is also used to improve memory and mental alertness. Colloidal gold possesses a negative charge at the surface of the particles and bonds strongly to other molecules making it highly bio-available. Dosage is only one tablet daily of this 99.99% pure colloidal gold. 30 tablets.



#75337 Aurasol™ 10 mg \$79.95

Reverse Aging

Is Shangri-La reality? The author reports that at 27, his bioelectric age was 39 but now at 51 calendar years, his bio-electric age is 19... what’s his secret? Find out how to go backward in age. 5th Edition. 384 pages.



#48378 Young Again \$19.95

VIBRANT HEALTH AND DETOX

TAKE BACK YOUR POWER AND RE-CHARGE THE BODY ELECTRIC!

The Silver Pulser has two functions:

1. It makes ionic-colloidal silver
2. It neutralizes microorganisms in the blood.

The Silver Pulser is an experimental non-invasive method called blood electrification, used by health researchers only. It is based on research and patents that shows that electrification of the blood **neutralizes viruses, bacteria and fungi**. This unit also generates colloidal silver using 99.99% pure silver electrodes. **Colloidal Silver has been**



used for over a century to ameliorate numerous health

problems. This powerful liquid can be made at home, and is of the highest quality. The Silver Pulser makes colloidal silver at 3-5 parts per million in one hour per 8 oz. glass of distilled water. The ionic colloids range in size of .005 to .015 microns, the optimum size and concentration for most applications.

This device is for experimental purposes only and is not meant to cure or treat medical conditions. Includes: battery-operated base unit, 99.99% pure silver electrodes, copper plated stimulator probes and sleeves, straps, instructions, carrying case and a 3 year warranty.

#73054 Silver Pulser \$229.95

Magnetic Pulser For Lymphatic Stimulation



This is the best magnetic pulser we have ever seen under \$1,000.

An excellent adjunct to the Silver Pulser. With a biological penetration of 9" it is primarily used on the lymph system as well as the deeper organs. Through the principle of induction, this magnetic field can create eddy-currents (tiny electrical micro-currents) in living organic material that contains electrolytes. Includes AC powered base unit, magnetic hand paddle, operating instructions and 2-year warranty.

This device is for experimental purposes only and is not meant to cure or treat medical conditions. Consult with a medical professional.

#73055 Magnetic Pulser \$329.95

Detox With Chelation

Chelation is the binding of a metal or mineral to another substance, which in turn enables those materials to be flushed out of the body. This formula employs the weak acid EDTA, and has long been the treatment of choice for removing lead and other heavy metals. Along with this, EDTA enhances blood flow and relieves symptoms associated with atherosclerotic vascular disease. Not for people with coronary artery disease.

Used to help:

- Removes heavy metals and calcification
- Minimizes blood clots
- Thins the blood
- Reduces lipid peroxidation, a major cause of atherosclerosis

Garlic is one of the most time-tested natural cholesterol-lowering agents. Each capsule contains: Garlic 400 mg and EDTA 100 mg.

The oral administration of EDTA may be appropriate either in developing a long-term



"insurance policy" for helping to reduce buildup of plaque in your cardiovascular system, or taken as a dietary supplement to other EDTA treatments.

Because minerals are leached out in the chelation process, we recommend that you use this product along with a good vitamin and mineral supplement.

#48386 EDTA 480 capsules \$71.95

All-Natural Colloidal Silver

Using only 99.99% pure Silver and nanopure water, using a unique electrosonic process, yielding true particles in the more desirable and stable 1-9 nanometer (.001-.009) range. May be taken orally or applied topically. 1 month supply.



#43121 Colloidal Silver Drops 4 oz. \$24.95

Experience The Healing Power Of Breathing With This Four Week Program

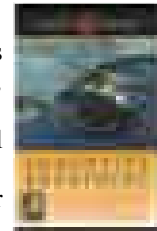
If something is troubling you, then changing the way you breathe will help. In fact, the FDA has approved breath training as a recognized treatment for hypertension, and there are many studies that show its effectiveness in relieving anxiety, depression, chronic fatigue, and more. This very effective training program will help you master the skills of this healing art at your own pace, in just 10 minutes a day. You get: DVD that teaches the Lifestream Breathing Technique, an audio CD with guide sessions to expand your consciousness, heal from emotional trauma, increase energy levels, and reduce stress... plus study cards and a guidebook.

#51054 The Breathing Box \$26.95



Breathing Techniques To Relax At Any Time

Longevity Breathing cultivates your ability to relax at any time and concentrate on what you are doing without becoming distracted. This Taoist practice of breathing with the whole body releases blockages in the mind/ body, enhancing well-being and spiritual awareness. Recommended for anyone involved in healthcare, meditation, athletics, and the performing arts (particularly for those who use their voices professionally). Includes classroom sessions as well as practical animations. 90 minute DVD.



#41064 Longevity Breathing DVD \$24.95

VIBRANT HEALTH AND DETOX

SAFE, EFFECTIVE AND NATURAL: Detox In 14 Days

The Total Body Cleanse consists of six formulas to systematically support and assist the body to

cleanse the main channels of elimination: the Lymphatic, the Blood, the Liver, the Bowel and the Urinary Tract of unwanted waste and toxins.

These five have been created to address each of the eliminatory systems, while the sixth is formulated to eliminate

parasites. This program includes easy-to-use directions to be taken over a 14 day period.

We think this is the most comprehensive clinically tested body cleanse system on the market today. These formulas used bioenergetic testing and were designed to attack the source, restore the immune system and promote general good health.



Each of the six bottles contains 100 capsules.

#22149 14 Day Body Cleanse \$69.95

Clean Out Your Body

This is a true colon conditioner. It increases bowel activity, and releases oxygen that actually removes old impacted fecal matter helping to remove

harmful pathogens and revitalize the entire colon.

Oxy-Cleanse allows room the bowel process and to resume normal activity. This product does not cause uncomfortable bloating and does not have harsh effects on your system.

It does not just push out waste material. It works by breaking down old matter so the elimination is gentle and natural. Some people take it daily for continuous cleaning action; others adjust the dose according to their needs Compared to the myriad of products on the market, Oxy-Cleanse has been found to be very safe and very effective. It is a proven 70 year old formula (updated over the years) 75 capsules

#22118 Oxy-Cleanse \$19.95

Buy 2 and SAVE! \$18.75 each

Anti-Aging Manual

This *Encyclopedia of Natural Health* is the most comprehensive, and well-arranged, natural health book in print, organizing the entire holistic field. Contains information on: 90 vitamins, 100 minerals, 55 proteins, 450 power foods, 900 herbs plus neurotransmitters, hormones, 1600 disease conditions. A huge index makes it easy to find what you are looking for. 1742 pages.



#42021 Anti-Aging Manual 3rd Edition \$49.95

Don't Accept Aging As A Fact Of Life

The accumulation of acidic waste products within our bodies is the process of aging. Learn how to remove them and reverse aging. 123 pages

#62077 Reverse Aging \$11.95



MORE info
OUR WEBSITE

ENHANCE YOUR PERFORMANCE

Improve Digestion With Oxygenation

Whether you want to clean out and detoxify the colon, or oxygenate your system for enhanced



performance, Oxybliss is a great way to go. For an aerobic lift, mental stamina, stress reduction, increased sports performance. A super-oxygenated formula for brain boosting, increased energy, detoxification and regularity.

#48379 OxyBliss Powder 250 gms (8 1/2 oz.) \$61.95

#33811 OxyBliss Capsules 100s \$59.95

ADD OXYGEN TO YOUR BODY'S CELLS

Get The Toxins Out; Get The Nutrients In

Oxygen aids the functioning of every body system. Even with aerobic exercise, we are not getting optimum levels of oxygen into our bodies. It is estimated that the earth's atmosphere used to contain 38-50% oxygen; now it's below 20%... in some cities, it is as low as 10%.

The highly effective, time-release delivery system in Cellfood enables over 95% of its nutrients to be absorbed and utilized at the cellular level. Because it is colloidal, bioavailability is



increased substantially. As a result, this product provides an incredible oxygen source and delivery system. The resulting benefits are: IMPROVING ENERGY, ENDURANCE, AND NATURAL HEALTH.

Contained in the formula are: "aerobic" proteins, 17 amino acids, 34 enzymes, 78 major and trace elements, deuterons, electrolytes, and dissolved oxygen. A few drops in a glass of water are all it takes. 1 month supply.

#75001 Cellfood 1 oz. \$24.95
Buy 2 and SAVE! \$22.95 each

SILICA ADDITIVE

A Healthier, More Youthful, And Pain-Free Body With Reduced Healing Time

Silica enables our bodies to remain flexible, resilient and energetic. Aids in supporting healthy bones, joints and cartilage, skin, nails, hair, teeth and gums. Silica levels decrease



with age and therefore may be needed among the elderly. Studies also show that silica counteracts the effects of Aluminum and may be important in supporting neurological health. 40 day supply.

#99628 Cellfood Silica 4 oz. \$24.95

Buy 3 and SAVE! \$22.95 each

Breathing The Qigong Way

Are you breathing effectively? Ken Cohen teaches you can master the natural way to instantly breathe energy and healing qi (life force) into your body every minute of the day. Bring more oxygen into your body, stimulate your vital organs, and create a joyful calm that penetrates throughout your body. 75 minute CD

#45710 Healthy Breathing \$15.95



1-800-456-9887

23

SELF-HEALING

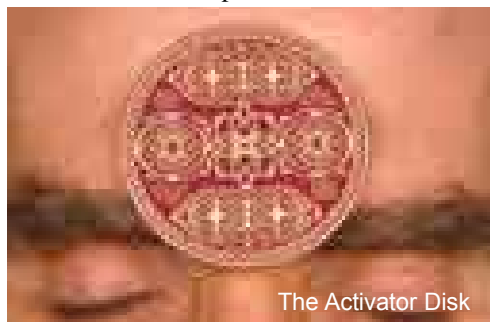
PERSONAL LIFE-ENHANCEMENT TOOLS

Accelerate Healing With Subtle Energy Plates

Highly defined subtle energy tools that work by sympathetic resonance to awaken those universal energies that exist throughout the cosmos, and within our own selves. The Powerforms Kit help to activate

our own unique potentials.

The Activator Disk shares its well-tuned copper and silicon energy antennas with our energy field (the aura) through sympathetic resonance.



The Activator Disk



The Portal Energy Plate



The Neutral-Space Plate

Transform Your Negative Energy Patterns

Place your fingertips on the Cell-Balancer to experience a sense of cellular balance. You are "in circuit" with the transformational energies. Spiritual patterns of transformation flow through

your energy pathways, directly into the spiritual cells of the body. Featuring tuned harmonic-geometric copper antennas, the Cell-Balancer Plate gently and effectively aligns your cells with your Future Self's positive blueprint. This activates your cell's higher potential, and



prepares you for our planet's rapidly quickening spiritual evolution. 6" x 4 1/2". With instructions.

#42715 The Cell-Balancer Plate
\$61.95

SPECIAL OFFER:
#42673 All 4 Subtle Energy Plates
\$179.95

Bioelectric Science

The author, a medical doctor and pioneer in bioelectric science, provides a look at the role electricity plays in human health. With much color and controversy, the book details the research, medical politics and discoveries that may lead to harnessing the body's healing powers. A very mind-expanding reading experience. 368 pages

#42749 The Body Electric
\$14.95



EVERY INDIVIDUAL IS UNIQUE
Different products result in different effects on people. People with special sensitivities may experience some unwanted side effects. Other users report that benefits didn't start to occur for several days. This can be attributed to the cumulative effects of many of the products in this catalog.

Overcome Trauma

As a pioneer in alternative medicine, Dr. C. Norman Shealy helps you to understand the power of the mind-body connection and its relationship to restoring wellness following a trauma such as surgery or a life threatening disease. These exercises use a progressive relaxation technique, along with Hemi-Sync audio signals imbedded by the Monroe Institute to gently guide you into a deep, receptive state of

relaxation. A guidance manual and four exercises are included: Mind and Emotions, Endocrine System, Immune System, and Nervous System. 4 CDs

#45010 Network Of Light Series
\$59.95



Boost Your Energy Field With Tachyon Energy Collectors

Proven highly effective in focusing Life Force Energy directly into the body, foods, plants, even your pets. Whether you are concerned with pain, enhancing meditation, or increasing your athletic skills, you can put these to

work for you. Just tape them to your body.

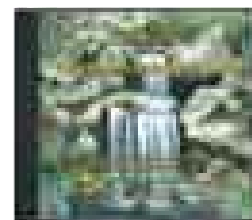
Tachyonized Cells
#48149 1/4" Pack of 6 Opals
\$29.95
#48150 3/4" Pack of 1 Opal
\$21.95



Pain Control

Listening to this program from **The Monroe Institute** can help you reduce pain signals until they no longer seem significant. You will also learn an effective, time-proven method to diminish pain signals anywhere they occur. This Hemi-Sync exercise helps you balance and equalize your mental, emotional, and physical self and guides you gently into a deeply restorative sleep. CD: 44 minutes.

#42748 Pain Management CD
\$19.95



MORE info ON OUR WEBSITE

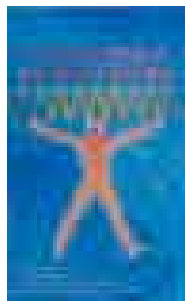
OPEN 24/7

ToolsForWellness.com

Magnetic Therapy Device Using A 5,000 Year-Old Chinese Technique

Those that have tried acupuncture know without question it works. If you're new to acupuncture, read on.

Acupuncture has been around for over 5000 years. Originally developed in China, acupuncture is now used by respected doctors in every major country. There are over 10,000 licensed acupuncturists in the U.S. In fact acceptance has grown so much that over 1000 licensed medical doctors have joined the American Academy of Medical Acupuncture (AAMA).



All of the key points of the human body can be accessed from points on the palm of your hand. What

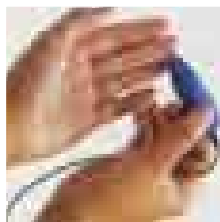
the Aculife does is send a magnetic pulse on your palm to the corresponding area in your body. The magnetic pulse helps unclog micro-energy pathways and improve blood circulation to help strengthen the immune system, allowing the body to better fight illness. Stimulate areas such as the

heart, lungs, spine, liver, colon, bladder, intestines, an aching back, and stiff muscles. Aculife strengthens the immune system against hypertension, insomnia, fatigue, asthma, ulcers, hemorrhoids, rheumatism, muscle pain and many other common ailments. The Aculife is compact and lightweight enough to be taken virtually anywhere.

4 3/4" x 2 1/2" x 1 1/4", frequency range: adjustable from 1-21 Hz, timer, memory preset, battery operated or uses AC Adapter.

You get: Aculife Magnetic Wave Therapist, guide book with hand chart, AC Adaptor, Clip Holder, Magnetic Wave Pointer with ear plug, and instruction DVD.

#42509 Aculife Magnetic Wave Therapist \$299.95



If you are under any medical treatment, consult your doctor before using this product.



SELF-HEALING



**MORE info
OUR WEBSITE**

Good Results Reported For:

- Back Pain
- Arthritis
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Neck & Shoulder Pain
- Sprains & Sports Injuries
- Tendonitis
- Headaches
- Blood Pressure
- Sexual Dysfunction
- Menstrual Cramps
- Depression
- Insomnia
- Trauma Rehabilitation
- Stress & Anxiety

Cancer Support

Developed by The Monroe Institute to help you strengthen your mind-body connection and access inner resources to boost your immune system. It incorporates four selections with specially blended Hemi-Sync frequencies to guide you into focused, whole-brain states of consciousness. The four CDs contain:

- Chemotherapy Companion: Supports a positive outcome for your chemotherapy
- Radiation Companion: Supports a positive outcome

for your radiation treatments

- Journey Through The T-Cells: Strengthens and maintains your immune system
- Sleeping Through The Rain: Journey from deep relaxation into natural refreshing sleep

#51090 Cancer Support Series 4 CDs \$59.95

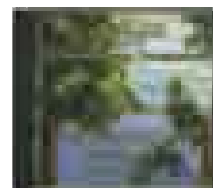


Chemotherapy Support

Supports a positive outcome for your chemotherapy. Verbal guidance and Hemi-Sync sound technology transports you to a profound state of total relaxation where you are immersed in feelings of inner peace and tranquility. Mental imagery and a series of positive affirmations are used in support of your return to physical well-being. You will also learn special encoding cues you may use anytime to

reinforce the healing effects of your chemotherapy or help you overcome the possible side effects of nausea. Note: This CD is included in #51090 Cancer Support Series.

#51091 Chemotherapy Companion \$19.95



SELF-HEALING

Create a Continuous Flow Of Positive Chi

This unit will powerfully assist you in your self-healing and pain relief, by clearing emotional, mental, physical blockages, and protect you from the bombardment of electromagnetic and other pollutants. Many users report a powerfully accelerating long term effect on their lives... moving them swiftly beyond former obstacles to growth and happiness.

The O.R.B.I.E. (Optimum, Regenerative, Biofield Instrument, Ener-Chi System) consists of: a chi-producing hand held module, a base with

interior chamber (also chi producing) and a pull out hand-held copper coils for placement on body, under foods/water or held in the hands. It is portable, never needs recharging, and has no parts to replace. No electrical source or batteries are needed; nothing to wear out.

Anywhere this device is placed, there is a powerful, unlimited fusion of chi energy that is readily experienced and translates to available

energy to get things done, have clarity of mental focus, ease in the handling of emotions, and an increase in positive feelings. It is a powerful environmental

clearing device for large areas that reverses the negative effects of EMF, pollution and toxins. It is a healing tool used for massage and charging chakras and acupuncture meridians, as well as a water and food purifier.

#41036 O.R.B.I.E. Energy-Chi System \$299.95



O.R.B.I.E.™
Optimum, Regenerative,
Biofield Instrument, and
Ener-Chi System

The Fluid Of Life

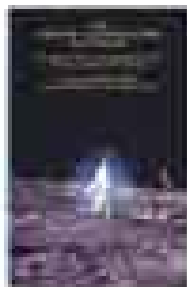
Tachyonized water draws Life Force to every cell of your body. It has been called the elixir of life, working from the inside out, increasing energy, endurance, and balance.



#48146 Tachyonized Liquid 4 oz. dropper bottle (one month supply) \$14.95

Orgone Energy Primer

Based on the discoveries of Dr. Wilhelm Reich, this book updates information on the construction of orgone blankets, box-type accumulators, etc. using simple, readily available materials. Many



diagrams, photographs and complete bibliography and resource guide.

Foreword by Eva Reich, M.D. Softcover, 162 pages.

#51077 The Orgone Accumulator Handbook \$12.95



Take A Look At

Ionizer For Your Car

Eliminates odors, dust, pollen, germs, bacteria and smoke. Relieves fatigue and promotes alertness while driving. Produces a cleaner driving environment. Plugs into your cigarette lighter.



#75233 Automobile Ionizer \$29.95 See Page 69

STIMULATE NERVE ENDINGS AND PROMOTE CIRCULATION

The Power Of Chinese Medicine And New Technology

Wouldn't you love to have a magic wand to take away your everyday aches and pains? While it may not be magic, our Acu-Point Pen utilizes specially designed electronic acupuncture probes which simulate traditional acupuncture treatments.

Passing the Acu-Point Pen over the palm of your hand allows you to identify areas that may need attention. You'll feel the stimulus signal sent to the specific area as it stimulates the nerve and muscle

while promoting improved blood circulation to the desired area. Can be used just about anywhere on the body. It has a diagrammatic screen that's easy to read; the controls make it easy-to-use. Lightweight. 9" long. Battery-operated.

#99857 Acu-Point Pen \$99.95
This product is not intended for the diagnosis, treatment, or prevention of any disease.



How To Use Trigger Point Therapy For Pain Relief

Used for decades by doctors, chiropractors, pain specialists, and massage therapists to quickly stimulate the flow of oxygen and promote rapid pain reduction; trigger point therapy has become one of the fastest growing techniques. Now being used to relieve formerly undiagnosable muscle and joint pain. The technique involves apply short, repeated massage strokes to trigger points, those tiny contraction knots in muscle tissue where restricted circulation and lack of oxygen cause referred pain. 2nd edition. 323 pages.



#45707 Trigger Point Therapy Workbook \$19.95

Take A Look At

Soothes Sensitive Gum Tissue and Helps Remove Plaque.

A wonderful feeling when you brush your teeth and massage your gums with this excellent formula containing a high level of oxygen along with spearmint and peppermint essential oils. It disinfects the mouth. You could really call it a "mouth rejuvenator."

#41087 OxyVital Gum Elixir 1oz. \$24.95

Buy 2 and SAVE! \$23.50 each



FOR SELF-HEALING, STRESS REDUCTION, MENTAL CREATIVITY, MEDITATION AND RELAXATION

Without Electricity Or Batteries

Gentle powerful waves of energy move through your body, producing a marvelous serenity. And, best of all, it requires no external power source. That's right...

no batteries and no wires plugged into an electrical outlet.

BioCircuits were developed by Leon Eeman in 1920 to promote healing from serious injuries that he sustained.

What are they and how do they work? They facilitate

the flow of subtle bodily energy. There are two handles attached to screens. Hold the handles in each hand and put the screens under each ankle. When the body's primary energy centers are directly connected with a conductive material (we use Copper, Silver, or Silk in the three systems offered), energy flow becomes greatly intensified, leading to increased vitality and peacefulness, furthering healing, effortless relaxation, and the relief of stress. 15-30 minutes a day is all it takes.

How It Works:

Users report that simply lying on a BioCircuit for thirty minutes refreshes them as deeply as a two hour nap. BioCircuits work by externally linking key energy centers, circulating and balancing the body's natural energy. This deeply releases and refreshes both the body and the mind. It's that simple, with no electrical power source and no batteries required.

How To Use:

1. Lay down and put a screen under each ankle
2. Hold the hand grips
3. Relax, using breathing exercises or soothing music
4. Within 30 minutes, you will be amazed at the results.

COMBINATION OF COPPER, SILVER & SILK

Contains: Copper BioCircuit Basic, Silver BioCircuit Kit and Silk BioCircuit Basic.

#42542 BioCircuit Combination Kit \$459.95



- Reduces Stress
- Increases Vitality
- Alleviates Jet Lag
- Enhances Meditation
- Restores the Body After Illness



The Copper and Silver BioCircuits contain:

- Two (Copper or Silver) handles attached to two (Copper or Silver) screens
- "The Science of BioCircuits" booklet
- Neck to base of spine segment with two (Copper or Silver) screens
- Instructional cassette and booklet
- Carrying pouch

RELAX WITH COPPER

Superb Conductivity, Good Choice For Beginners

People find that the Copper system is excellent for a first experience. Use it for relaxing, falling asleep, jet lag and power naps. Contains: components as listed above.

#46053 Copper BioCircuit Basic \$129.95

The kit contains: Copper BioCircuit Basic plus a reservoir bottle (for adding ingredients to your energy circuit) and two additional Copper screens.

#75098 Copper BioCircuit Kit \$149.95

ENERGIZE WITH SILVER

The Strongest. Produces A Constant Energy Flow For A Great Energy Boost

The Silver system gives the most "kick" as Silver is one of the most powerful conductors. It is used to stay mentally alert, produce more spontaneous creativity, and enhance visualization. Contains: components as listed above plus two foot straps.

#46054 Silver BioCircuit Basic \$229.95

The kit contains: Silver BioCircuit Basic plus a reservoir bottle (for adding ingredients to your energy circuit) and two additional Copper screens.

#75099 Silver BioCircuit Kit \$249.95

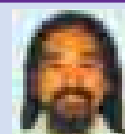
MEDITATE WITH SILK

The Most Gentle. For Those Who Are Very Sensitive. Best Choice For A Sleep Aid

The Silk system uses Silk, employed by meditators for centuries, because of its smooth and even action in creating deep meditative states. Excellent for those who experience severe jet lag. The Silk BioCircuit Basic contains: four silk pads connecting hands and feet, neck to base of spine segment with two Silk pads, instructional booklet and "The Science of BioCircuits" booklet.

#46055 Silk BioCircuits Basic \$139.95

THE MIKIO SANKEY COLLECTION ESOTERIC ACUPUNCTURE MADE EASY!



An Integration of the Ancient
Wisdom Sacred Geometry
Qabbalistic Tree of Life Chakra
System with Traditional
Chinese Acupuncture

Books That Will Inspire All Who Are Interested In Spiritual Healing For The 21st Century

- Expanded Acupuncture Concepts for the 21st Century
- Filled with Information For Non-acupuncturists
- Never before Presented New Encoding Patterns
- Never before presented Chakra Alignment Patterns
- Understand Your Personal Steps To Ascension
- Integrate Esoteric Healing Into Your Life

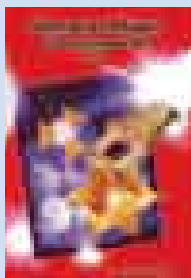


Esoteric Acupuncture by Mikio Sankey, Ph.D., L.Ac.

An amazing synthesis of acupuncture, sacred geometry and the Qabbalistic Tree of Life. Enables you to accelerate your spiritual advancement. Traditional needles or the Beamers can be used to energetically activate specific sequences of acupuncture points for profound shifts in consciousness. A very powerful tool for accelerating your own evolution, sense of purpose and a deep sense of peace and oneness with the Self. Highly recommended! 432 pages

#71005 Esoteric Acupuncture \$24.95

Discern The Whisper



Second in a series for all who are interested in spiritual wellness for the 21st century. Volume II by Mikio Sankey contains expanded acupuncture concepts, new information for non-acupuncturists, additional new encoding patterns. 397 pages

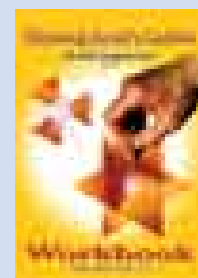
A Search For Harmony at the Most Fundamental Level

#81068 Discern The Whisper
\$24.95

Workbook

Contains many of the patterns from "Esoteric Acupuncture" and "Discern The Whisper" plus new encoding patterns. There is a pattern entitled "Climbing Jacob's Ladder consisting of 28 acupuncture sites. This work book is designed for energy healers and the myriad of people who purchased the first two books by Mikio Sankey. It is presented with easy-to-see and easy-to-use diagrams. There is also a short chapter on Dinshah's theory of color healing. 110 pages.

#42052 Climbing Jacob's Ladder \$24.95



Sea Of Fire – Cosmic Fire

This is volume 4 of Dr. Sankey's series, published in August, 2006. It further expands the material presented in the earlier volumes. Also contains an in-depth discussion on How To Connect Your Higher Twin Flame Within, the Seven Brain Centers, and Their Connection To The Seven Major Chakras, and The Building Of The Complete Antahkarana: How To Bridge The Gap From Muladhara (Root Chakra) to Sahasrara (Crown Chakra). 307 pages

#45723 Sea Of Fire – Cosmic Fire \$24.95



Locate Acupuncture And Trigger Points



The Pointer Plus Excel features a built-in LCD digital display meter for location of acupuncture and trigger points. There are many additional advanced features. Frequency is adjustable (1 to 16 Hz) and is also displayed on the LCD digital display when the stimulation button is pressed. There's a polarity reversal switch which offers the option of energizing or sedating. A flashing light and sound indicates when point detection is made. There are two grounding plates, allowing use with either left or right hands... as well as a hand probe with grounding pole. Two probe tips are included plus a carrying case and instructions.

#42022 Pointer Plus Excel
\$149.95

Recommended for use by those experienced in acupuncture or acupressure therapy.



MULTICOLOR PENLIGHT

Feel The Force Of Color Energy

Light treatments can strengthen, cleanse, invigorate, balance and regulate metabolic processes and moods. A very effective, yet gentle tool for relaxation and meditation, too. Use it on chakras, acupuncture points, reflex zones... just about anywhere on the body. Completely safe and non-invasive. Use it for 5 seconds or 5 minutes; you set your own intuitive protocols. Included is "Golden Light," a 211 page primer on color therapy, subtle energy, the chakra system, and more. Book included.

#51099 Multi-Color Penlight \$179.95



All information contained herein is for educational purposes only. No health claims are intended or inferred. Statements made in this catalog have not been evaluated or approved by the U.S. Food and Drug Administration. If you have a medical condition, please consult your healthcare professional.

Experience The Inspirational And Healing Properties of Gemstones

This unique handcrafted jewelry has been cleansed using ancient techniques and energized to amplify the power and healing properties of the stones. Once the jewelry is worn, the wearer then infuses their own personal intention and energy into the piece. For optimum results, it is suggested that it be worn for 10 consecutive days to enable the gemstones to vibrate with the wearer's own energetic field. Each piece is accompanied by a description of the jewelry's purpose and properties. **MORE STYLES AVAILABLE ONLINE**

Bring Abundance, Affluence, Blessings And Love Into Your Life

The use of the Sri Yantra sacred geometry is a very powerful means by which an individual may bring divine blessings into their life. The three-dimensional form of the Sri Yantra, dating back to 3000 B.C., is a multi pyramid grid signifying unlimited abundance and positive powers, and helps to clear negative energy. Quartz Crystal is a stone of manifestation and the Sphatik is a type of Quartz that is revered in India to be the dwelling place of the Goddess. Silver is the color of the Goddess. 16 1/2"

***#99707 Sri Yantra \$129.95**

For Sexuality, Creativity And Power

The Sacral Chakra, also known as the 2nd chakra, is located at the lower abdomen. When this energy center is re-aligned and balanced, sexual intimacy and sensual pleasure are restored. This grounding stone is worn to stay focused and present. Tiger's Eye, a stone of courage, balances ying and yang energy. Amber is believed to attract strength and success. Wear this beautiful piece to encourage optimism and personal power. 21"

***#99714 2nd Chakra \$189.95**

Heal Yourself, Heal Your Soul, Heal The Planet

Mawu, the African Mother Earth Goddess, has energy associated with the moon, motherhood, respect, forgiveness and gentleness. Mawu's message reminds us to live in harmony with the earth. She keeps us balanced and in sync with this beautiful planet-mother earth. This beautiful piece has been created to activate earth goddess deep inside the soul of every woman, where respect and harmony reside.

Ammonite Fossil helps to find your way down the spiritual spiral path. Green fresh water pearls represent growth purity and integrity. Rutilated Quartz, a stone of stabilization, reminds us that each

person shares a connection to the planet earth. Citrine carries the energy of the sun and is a powerful regenerator. Mother of Pearl has a nurturing and healing energy. Called the "stone of security", it brings truth and higher wisdom to situations. Feldspar supports self love and self awareness. Green turquoise is known as a healer of the spirit. It blends the energy of heaven and earth bringing blessings of water and the sky. Green Kyanite assists in bringing calming and soothing energy to the body. 48"

***#46094 Mawu \$319.95**

Live Life To The Fullest

Artemis is the goddess of the hunt, wildlife and independence. She is the protector of women and children. Call on her to manifest dreams into reality. She is comprised of fresh water pearls (symbolic of light, innocence and softness – the essence of our being), abalone (gift from the sea – heals the heart and soothes the soul), peridot (cleanses, heals and aligns the heart chakra) and apatite (the stone of health, clarity and peace).

Inside of every woman lies the imprint of the Goddess. Love, passion, forgiveness, creativity, and healing are amongst her teachings. Listen carefully as the Goddess speaks to you, for she is the one whose lesson your soul longs to learn. Watch as you discover the Goddess that lies deep within you. 52"

***#46095 Artemis \$429.95**

Enhance And Protect Your Physical Well-Being

Turquoise, known as the Stone of Heaven, is considered a master healer. This stone works to protect and align the chakras, which in turn strengthens the overall body. Sodalite, a healing stone, stills the mind and encourages relaxation. Agate works to remove blockages from within

SELF-HEALING

Bring About Passion, Sensuality And Beauty

Aphrodite encourages us to embrace and accept our individual beauty and femininity, to be comfortable in our skin and to welcome the instinctual sensual energy that flows through you. Call upon her to tap into the love that surrounds you. She is comprised of fresh water pearls (symbolic of light, innocence and softness – the essence of our being). Rose Quartz (helps to connect to the heart, encourages the flow of love), Rhodonite (unconditional love and grace).

Love, passion, forgiveness,

creativity, and healing are amongst her teachings. Listen carefully as the Goddess speaks to you, for she is the one whose lesson your soul longs to learn. 54"

***#46096 Aphrodite \$279.95**

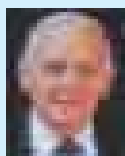
MORE info ON OUR WEBSITE

the body, as it promotes balance, which leads to vibrant health. The Chinese coin, estimated to be 100-500 years old, is the ancient symbol of good fortune with its round shape representing Heaven and the interior square symbolizing Earth. Wear this when you seek healing for the physical body. 16 1/2"

***#99792 Health \$99.95**

*** Ships factory direct. Please allow 14-21 days for delivery**

ATTAIN HIGHER CONSCIOUSNESS



Robert A. Monroe
1915-1995

The Hemi-Sync process is an internationally acclaimed, scientifically based and clinically proven audio-guidance technology. It uses sound to influence brainwave activity in a way shown to enhance physical, mental and emotional states. An extensive assortment of highly effective Hemi-Sync audio programs is available. Offerings include those to reduce stress, manage pain, focus attention, enhance sleep, and support meditation as well as those with specific applications for healthcare, peak performance, anxiety, memory, creativity, children with learning dis-

abilities, intuition, consciousness exploration and more.

Hemi-Sync users may be able to develop specific linguistic and/or mathematical skills, the ability to hyper focus attention when appropriate, and the remembering of some types of information with new clarity and recall.

Hem-Sync technology uses binaural beat sounds that utilize two pitches slightly out of key with each other. The sound wave pattern generated by these different pitches creates a third tone which entrains your brainwaves to experience the same frequency. This technique is reflected in the name HEMI-SYNC; both hemispheres of the brain now in sync with the frequency and with each other.

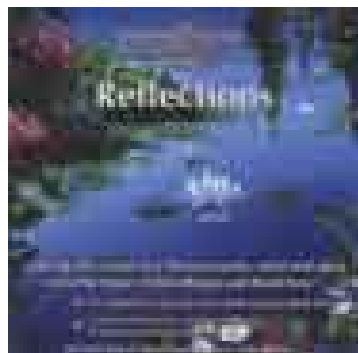
The Hemi-Sync frequencies used are not the same for every program, and there are no embedded or subliminal messages. Specific elements, such as verbal guidance, music, and pink noise are carefully selected and integrated with the appropriate Hemi-Sync sound frequencies to create the desired effect for each recording. Hemi-Sync by The Monroe Institute is a patented process, refined and supported by 40 years of research and development. It is now considered to be the cornerstone of brainwave technology. The purpose of Hemi-Sync patterns is to assist you in obtaining the focused brain state you desire and Tools For Wellness offers over 36 Hemi-Sync programs.

Hemi Sync
Developed by The MONROE INSTITUTE

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.



© The Monroe Institute



MUSIC FOR INGENUITY

Music that includes relaxation while heightening mental abilities produces what is known as the "Mozart Effect." Now, you can benefit from the Mozart Effect and the remarkable brain synchronizing effects of Hemi-Sync® with this performance by J.S. Epperson. Reported to be helpful for ADHD. 60 minutes.

#46023 Einstein's Dream CD \$19.95

MUSIC FOR MEDITATION

Delicate, ethereal tones blends with Hemi-Sync® to focus you inward to the source of creation. Enjoy a deep, sustained meditative state as the entrancing synthesizer music of Higher transports you to illuminating levels of awareness. 48 minutes.

#71049 Higher CD \$19.95

MUSIC FOR

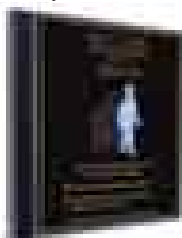
REJUVENATION Uses guided visualization to transport you to a blissful state of total relaxation followed by natural, restful sleep. A highly effective, time-proven means to counteract the negative effects of stress

in your life. Anxiety and daily concerns seem to float away as you move into progressively deeper states of mental and physical calm. Designed to rejuvenate both mind and body and leave your cares behind. 64 minutes.

#46025 Deep 10 Relaxation CD \$19.95

MUSIC FOR CREATIVITY

A musical portrayal of Kokopelli, the Native American mythic hero who restored



abundance by bringing forth the second summer rain. Deeply relaxing flute and guitar blend exquisitely with sounds of water in soulful

composition by Richard Roberts that stimulates imagination and creativity. 30 minutes.

#46024 Gaia CD \$19.95

CELESTIAL MUSIC TRANSPORTS YOU ON A JOURNEY BEYOND SPACE AND TIME

Immerse yourself in this inspired musical depiction of a soul's journey to the realm of the Creator. Performed completely on analog and digital synthesizers. 45 minutes.

#75253 The Journey Home CD \$19.95

MEDITATION Deeply relaxing sound patterns will gently lead you into powerful, free-flow explorations. This extraordinary meditative tool

will leave you centered, focused and totally refreshed. Non-verbal. 45 minutes

#99854 Hemi-Sync Meditation \$19.95

SUPER SLEEP Helps you produce the natural brainwave patterns of the Delta-sleep state and enjoy the benefits of totally refreshing, deep restorative sleep. Non-verbal. 45 minutes.

#45718 Super Sleep \$19.95

TRANSCENDENCE Move beyond your thoughts and daily concerns into the free-flow exploration of expanded states of consciousness. 73 minutes.

#63423 Transcendence \$19.95

BETWEEN WORLDS An extraordinary sojourn into a dreamlike shamanic landscape. Captivating shamanic music combined with sounds from the rain forest contribute to the surreal, organic ambience. Vivid images emerge as time blurs and the world disappears. 52 minutes.

#48621 Between Worlds \$19.95

BREAKTHROUGH Upbeat electronic music with fast-paced tempo and driving-rhythms support faster beta patterns designed for peak performance, super learning and creative flow. 44 minutes

#48622 Breakthrough \$19.95

ETERNITY WITHIN Inspired by Robert Monroe's own experiences (described in his book, Ultimate Journey), this program provides a basis for fundamental revelation to many on a path of self-discovery and personal transformation. 45 minutes

#48623 Eternity Within \$19.95

LIGHTFALL Features concentration frequencies to support peak-performance mental states. May be helpful to those with ADD/ADHD, dyslexia, and other learning challenges. 44 minutes

#48625 Lightfall \$19.95

MASTERWORKS Stimulate your imagination and heighten your creativity. Explore your options and be open to spiritual inspiration as a result of this uplifting composition. 38 minutes.

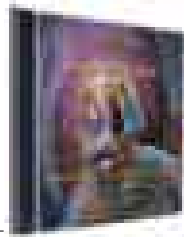
#63424 Masterworks \$19.95

OASIS Discover an oasis of serenity with music in a European romantic style with some neoclassical moods. Provides a safe harbor from

your daily concerns, and is also ideal for stimulating creativity and imagination. 64 minutes

#48626 Oasis \$19.95

STREAMSONGS Streams have the power to soothe away cares with their tranquil appearance and sound. Ever-



ATTAIN HIGHER CONSCIOUSNESS

changing energy and movement draw us into a mesmerizing flow. Facilitates access to states of inner calmness, support stress management and promote deep relaxation. 70 minute VHS video.

#45706 Streamsongs \$32.95

THE "SO" CHORD

Provides an ideal sonic background to support experiential meditation. Powerful vibrational harmonics restores balance and harmony to your mind-body. An exceptional meditative tool. 45 minutes

#48629 The "SO" Chord \$19.95

HEMI-SYNC IN MOTION

Use this cutting edge composition for dance, jogging, workout routines or listen while doing everyday chores. Provides you with added "horsepower." 34 minutes

#48624 Hemi-Sync In Motion \$19.95

REFLECTIONS Immerse yourself in these delicate, floating rhythms to support massage therapy, subtle energy healing work for creating an ideal meditative space for inner reflection. The music here is in soothing cadence with the art of touch. This will tune up the connection between body, mind and spirit. 60 minutes

#48627 Reflections \$19.95

THE SHAMAN'S HEART

Spellbinding shamanic stylized music helps one remain "heart centered" in the face of adversity... a hallmark of spiritual maturity. Best results are achieved when listening in a darkened, meditative environment. 73 minutes

#48630 The Shaman's Heart \$19.95

TRANQUILITY A sensual fusion of East-West music. This program's ultimate charm is its artful, unspoken appeal for East-West unity, spiritual awareness and world peace. Richly composed and beautifully played, this program weaves intricate textures of Indian music with Western music, resulting in a relaxing soundscape. 53 minutes.

#48631 Tranquility \$19.95

Develop Mental Sharpness

Develop greater confidence in your mental sharpness, stimulate or enhance creativity, improve memory and recall with this CD from the Monroe

Institute. Combines verbal guidance and subtle sound effects specially blended with Hemi-Sync® frequencies to guide you into focused, whole-brain states of consciousness. 30 minutes.

#71048 Think Fast CD \$19.95

For ADD And ADHD

Sufferers Focus with powerful Hemi-Sync® and electronic music designed for learning enhancement, peak performance and creative flow. Remembrance is perfect for any mental task requiring focus and concentration. This composition, by J.S. Epperson, is reported to be helpful for ADHD. 66 minutes.

#46040 Remembrance CD \$19.95

Overcome Learning

Challenges This CD mixes high quality electronic music with unique Hemi-Sync concentration frequencies for super-learning. Also helpful for ADD/ADHD, and other learning challenges. Zero in on the task at hand. 71 minutes.

#41033 Indigo CD \$19.95

Sharpen Your Focus And

Concentration Perfect for any task requiring focus and concentration—use at home, work or school while studying, reading, working on a computer or balancing a check book. Play in the background

or use with headphones to enhance mental capabilities while stimulating creativity and imagination (non-verbal). 53 minutes.

#46039 Concentration CD \$19.95

The Gateway Experience

In 1975, Dr. Robert Monroe developed "hemispheric synchronization" or HEMI-SYNC, a patented technology that sends different tones to each ear. The two hemispheres of the brain then act in unison to "hear" a third signal. This is not an actual sound, but an electrical signal that can only be perceived when both brain hemispheres are working together. The result is a whole-brain state, an optimal condition for improving human performance. This has been proven to enhance alertness, induce sleep, and produce expanded states of consciousness.

Other benefits include:

- Creative insights to dissolve your fears
- Support of existing meditation practices
- Attain self-discovery that takes you beyond your physical time/space reality
- Control of your energy
- Deeper levels of sleep
- Achieve new forms of perception

Exercises use specially blended HEMI-SYNC frequencies combined with spoken guidance and subtle sound effects to give you an in-home audio training program.

These tools have evolved directly from the acclaimed residential programs taught on location at The Monroe Institute.

Many so-called consciousness technology programs are on the market, but few have proven themselves like this one... with decades of research and thousands and thousands of lab sessions. 18 CDs, 6 booklets, and 20 hours of exercises

#75169 The Gateway Experience \$399.00

Ships factory direct. Please allow extra time for delivery.



Rated tops in its field!

GOING HOME SERIES This profound program is designed to address the concerns of a

person who is facing death as well as the family and caregivers. This contains two albums, one for the patient (7 CDs) and one for the group (8 CDs).

The first album is for the person who is in the last and irreversible stages of terminal illness or injuries. The exercises can reduce dramatically the common fear of physical death and assist the person to control calmly

the sequence of this critical event allowing it to be one of peace and dignity. Included is a

detailed Guidance Manual to help all involved and represents a collaboration of Robert Monroe, Elisabeth Kubler-Ross, and Dr. Charles Tart. 15 CDs.

#22308 Going Home Series \$199.95

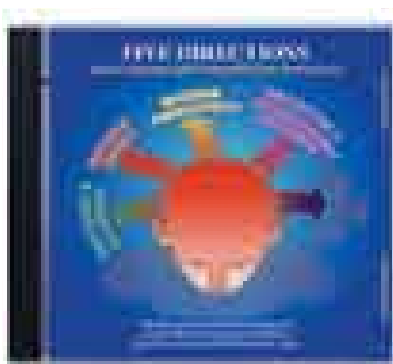


All information contained herein is for educational purposes only. No health claims are intended or inferred. Statements made in this catalog have not been evaluated or approved by the U.S. Food and Drug Administration. If you have a medical condition, please consult your healthcare professional.

ATTAIN HIGHER CONSCIOUSNESS

Learn How Sound Therapy Works On Your Brain

Sound and music has been used for thousands of years to alter human states of consciousness. Drums and chanting have been used all over the world in rituals and ceremonies to heal, and to induce trance states. In modern times, the use of sound has developed into a sophisticated technology and is used to change brainwave states, to heighten focus and concentration, to hasten relaxation, to induce meditation, and to assist with healing.



Tools For Wellness took a critical look at how sound and music alters consciousness, and identified the techniques that were the most effective. Advanced sound engineering was then used to mix these different elements in

synergistic ways to produce maximum results, quickly.

Each sound track in this program contains a different blend of music: relaxing sounds, primordial, 3-D effects, brainwave-altering pitches, energizing tones, and pulsed healing sounds. What you hear is the music mixed with nature, primordial rhythms, and 3-D sounds. The neuroacoustic technology is embedded in this musical matrix at an inaudible level.

This novel approach of synergistically combining these different elements means that you get all sorts of different sounds working together to

bring you the results you want, faster. "Five Directions" is the culmination of years of involvement in the alternative healthcare field by Tools For Wellness. As a result of this experience reviewing many products in the realm of sound technology, we think that you will find this program a very straightforward and effective tool to take command and control of your brainwaves.

When listening to these CDs, people frequently report feeling a lasting euphoria, a heightened sense of mental clarity, experience a peaceful state of mind, and even a sense of timelessness. 2 CDs: 2 1/2 hours. Headphones are required.

#42541 Five Directions
\$39.95

MORE info
OUR WEBSITE

Enter Meditative States Faster With Sounds Of Tibetan Monks

Tibetan instruments have been used for thousands of years for mental healing and to access profound meditative states.



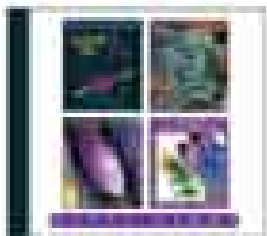
When using with speakers, just relax and gently stretch for a few minutes, lay down, slow down your breathing and soon you'll be experiencing lush internal imagery and satisfying blissful meditation. This will quickly open your psyche! People commonly report being able to see energy fields and auras afterwards. Headphones potentiate the experience... you'll be able to achieve one-pointed concentration and meditation. The bells and bowls generate high energy, high-wavering frequencies, combined with a lower trance inducing wavering pitch. It is one of the most marvelously effective CDs we've tested. 3 CD set.

#82069 Tibetan Bells and Bowls
\$49.95

Enhance Your Physical And Emotional States With Vocal Overtoneing

Wayne Perry, the noted sound healer, teaches you:

- Self-healing with sound, toning, breath, visualization and intention
- The 20 most powerful voice exercises and techniques
- The sacred sounding and



- sound healing secrets of the ancients
- 10 steps to healing pain and disease, and the healing sanctuary guided imagery and meditation
- 20 steps for healing

emotional conflict and communication difficulties within intimate relationships
#83076 Wayne Perry's Vocal Overtoneing 4 CD set
\$59.95

The Mozart Effect For Clarity, Focus, And An Organized Mind

Strengthen The Mind: For Intelligence and Learning

#12136 \$15.95

Heal The Body: For Rest and Relaxation

#12137 \$15.95

Unlock The Creative Spirit: For Creativity and Imagination

#12138 \$15.95

Projects and Study: For Focus and Clarity (2 CDs)

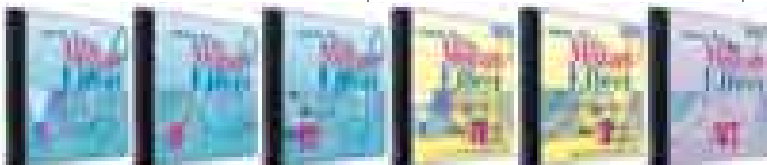
#12130 \$29.95

Deep Rest and Rejuvenation: To Relax and Unwind

#12131 \$16.95

Morning, Noon and Night: For Yoga Practitioners

#41032 \$16.95



#12136 #12137 #12138 #12130 #12131 #41032

Each recording has been sequenced, edited and mastered to realize the transformative powers found in Mozart's compositions. The complete set will allow you to select just the right piece for a particular situation. Makes an extraordinary gift, also! Each CD: 60 minutes

Buy all 6 and SAVE! Order #75260 \$84.95

Tuning Your Energy Fields For Optimum Health

This video can effect your life at seven different levels: Genetic, Biochemical, Psychological, Nutritional, Structural, Skeletal, and



Environmental. This is the result of 16 years of study by Sharry Edwards, maker of the Square One, whose work has been called "the Rosetta stone of understanding Metaphysics." 55 minute DVD
#51020 Energy Medicine DVD
\$29.95

ATTAIN HIGHER CONSCIOUSNESS

Relax With The Mysterious Sounds From Space

A grand tour of the solar system. These beautiful and mysterious recordings of the interactions between the Solar Wind and the magneto-sphere of planets, moons and rings of our Solar System create frequencies in the plasma energy "ocean" that fills the void of space. Each planet, moon and ring system has a distinctive "musical" pattern.

Listening to this unusual collection has a mysteriously relaxing effect. A must for users of light and sound machines 8 CDs Total: 4 hours.

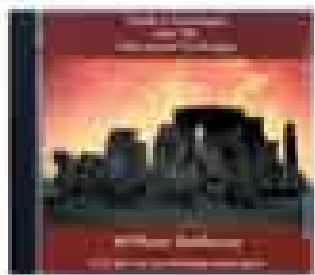
#63044 Space Sounds \$99.95



All information contained herein is for educational purposes only. No health claims are intended or inferred. Statements made in this catalog have not been evaluated or approved by the U.S. Food and Drug Administration. If you have a medical condition, please consult your healthcare professional.

EXPLORE ALTERED STATES

Go Beyond Your Physical Limits



Contains 4-D technology (binaural beats) which is the result of modern scientific research and ancient healing techniques. Precisely tuned sound waves are used to create binaural beats, inducing self-initiated and controlled altered states of consciousness. This program will help to transport you to a higher state of mind, opening your consciousness to endless possibilities and realities. Self-controlled hypnosis and guided meditation activates each of the Chakras, including the third eye. Increases your energy flow and raises your vibratory rate. 2 CD Set 120 minutes.

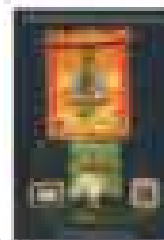
#75238 Chakra Technique and the Vibrational Technique \$34.95

OPEN 24/7

ToolsForWellness.com

Beautiful Music That Opens The Heart & Soul

Captures both the essence of sacred sound and powerful psychoacoustics. Tom Kenyon, founder of Acoustic Brain Research, has incorporated techniques from sacred Egyptian and Greek harmonies along with his own 4 octave voice to create a musical vision. This is a most unique listening experience. Can be



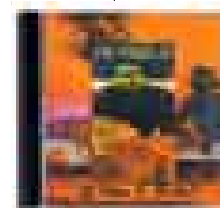
used alone or in groups. Tom Kenyon says "The Ghandarva Experience will transport you to the exalted celestial and Archangelic realms of experience." Complete written instructions on how to conduct The Ghandarva Ceremony both for individuals and groups is included. A favorite with TOOLS FOR WELLNESS customers. 61 minutes.

#46026 The Ghandarva Experience CD \$19.95

The Magic Of The Power Of Seven

by Brian Paulson

A magical sound sculpture (tuned to the color green), which energizes and balances the heart chakra by resonating the subtle energy levels of the



listener. Combining hypnotic ancient rhythms with psycho-acoustic technologies, this

music will transport the listener from the beta to delta brain state. Used for healing and inducing hypnosis.

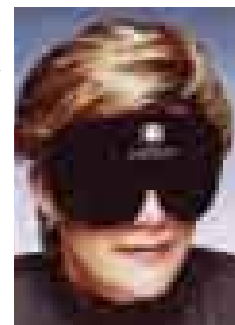
#74021 Power of Seven CD \$18.95

KEEPS THE LIGHT OUT

Total Darkness With Your Eyes Open

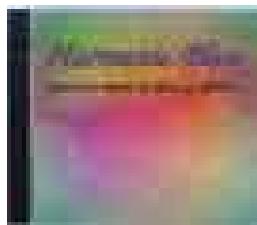
Great for airplane travel, deep meditation, biofeedback exercises, headaches and naps, while seated (but not for night time sleeping). With adjustable velcro strap and ear plugs. This is one of the very few products that we have tested that gives TOTAL DARKNESS.

#46021 Mindfold Mask \$19.95



Attain A Profound Change In Consciousness

By Brian Paulson



Bio-sonic music designed to bring forth the feeling of euphoria and bliss and a transcendent experience. The musical instruments used

here have been carefully chosen for their abilities to elicit emotion and expression. The subtle vibrations will bring you much joy and bliss, particularly when played in a quiet and safe space. 51 minutes

#45709 Harmonic Bliss \$16.95

Music To Unlock The Life Force Of The Earth!

By Brian Paulson

A combination of musical instruments tuned to perfect intervals and creative sound design using binaural beats at 8 Hz and 4

Hz. This generates powerful Alpha and Theta brain states, a state associated with ecstasy. Also combines the 12 frequencies mimicking the octaves of color and light. 30 minute continuous play CD.

#41057 Pulse of Life \$16.95



For Healing and Higher Consciousness

by Brian Paulson

You hear the rich, deep sounds of natural and psychoacoustically engineered rain, processed to duplicate the maximum resonance of DNA photon emission – a hypnotic sonic excursion useful for healing, transcendence and the removal of subtle energy blocks. 29 minutes

#71023 Mystic Rain CD \$16.95



THERAPEUTIC USE OF SOUND

Immerse Yourself In All Four Brainwaves States

Anna Wise is the world's leading authority on EEG and consciousness training. On this 4 CD set, she empowers you to be more productive, positive, emotionally balanced, and spiritually aware; able to handle the stress and strain of 21st century modern society.

Because each moment of our consciousness is determined by a finely woven, intricate interrelationship of brainwave frequencies, you can actually

manage your own states of consciousness by deliberately altering your brainwave pattern.



These audio programs will aid you in developing the Awakened Mind brainwave

state present in accomplished yogis, spiritual masters, and many highly productive and creative people, individuals of high performance whose states of consciousness we want to emulate in some way.

- Concentrate and focus more clearly
- Encourage self-healing
- Relax and de-stress
- Develop hidden creativity
- Reach profound meditative states
- Handle challenges and solve problems
- Access and transform deep inner issues
- Improve spiritual connection

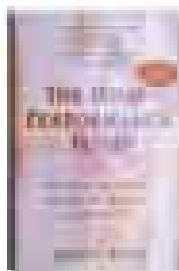
On each CD, Anna Wise leads you through guided meditation and exercises designed to train you to develop specific brainwave frequencies. The effectiveness of each piece is heightened by complex, sophisticated

“frequency scores” that Ms. Wise composed, binaural beat pulses of sound embedded in words and music to help you developed the desired brainwaves. The content of the different tracks teaches you a variety of ways to use your higher states of consciousness... including personal transformation, relaxation, creativity, self-healing, intuition, empathy, and sensualization skills, all leading you to develop mastery of the High Performance Mind.

Includes an informative booklet explaining brainwave frequencies and how you can harness their potential.

#22129 High Performance Mind 4 CD Set \$44.95

Uncover The Blueprint Of Brainwave States



Teaches you how to control your brainwaves and to remove the mental blocks that hold you back and put you deeply in touch with your hidden potential.

With warmth and simplicity, this book is ground breaking

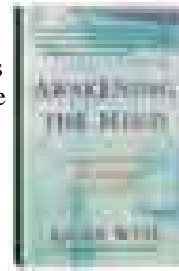
in its insights, yet accessible. Anna Wise provides a clear explanation of the four kinds of brainwaves – beta, alpha, theta and delta – and explains how the conscious and unconscious mind communicate. Learn meditation exercises, self-hypnosis, imagery and therapeutic techniques to enhance problem-solving, self-healing, communication and interpersonal skills. 271 pages

#46034 High Performance Mind \$16.95

Brainwaves Made Simple

Why do we do the things we do? Why do we have certain feelings? Why do we experience moodiness and melancholy? Can we alter these feelings? Can you change from being “down” to feeling “up?” What control do we have over our own mind?

Anna Wise reveals the practice of carefully designed meditation exercises that lead

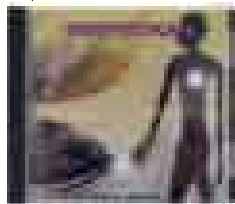


to a mastery of each type, can vastly improve everyday focus, memory, concentration, and overall mental awareness. A practical approach to human consciousness, rather than clinical examinations of the topic. Highly recommended! 255 pages.

#81061 Awakening The Mind \$16.95

The Anna Wise Collection: Two books and her 4 CD set. \$78.85 value for \$69.95 Order #41152

Treatment For Physical And Emotional Trauma



If you suffer from physical injury, pain or mental anguish... the mind-body-spirit

collapses into a heightened condition of tension and stress. DEEP RELEASE introduces sound and music designed to initiate the changes necessary to begin the healing process.

This CD program, by Brian Paulson, works by reducing the rigidity in the body which affects breathing, blood pressure, muscle stiffness and mental confusion. The method used is entrainment and resonance, and has been very effective. 32 minute continuous play.

#42741 Deep Release \$16.95

BRAINWAVES-TO-GO! Create Your Own Sound Therapy

You can have brainwaves on a CD. Choose from 1 to 37 Hertz; each track has a different brainwave... just use the “auto repeat” setting, allowing you complete entrainment control.



Whether you are a musician, therapist or mind explorer, this CD will take you to the exact brainwave state that you select. 74 minutes.

#75351 LoopLogic 515 \$59.95

Go On A Brainwave Journey

Subtle pulses of sound embedded in an evocative musical soundtrack stimulate your brainwave patterns –



transporting you to an enhanced “visualization zone.” Ingrained within various classical selections from Vivaldi, Alberti, Bach, Haydn, Mendelssohn and others, are deep inaudible vibrations that are intended to add to brainwave entrainment. Total: over 4 hours. 4 CD set

#34072 Brainwave Symphony \$29.95

Produce Brainwaves You Wish To Achieve

Natural brainwave frequencies with ambient music and natural sounds, Dr. Jeffrey Thompson has discovered a way to let you orchestrate your state of mind to stimulate concentration, release tension, promote intuition, foster communication and enhance creativity. Blends subtle sound pulses with sounds of nature. Includes instructional booklet. 4 CD set. 60 minutes each.

#46028 Brainwave Suite \$29.95



Brain Sync is the brain wave technology most often recommended by physicians and psychologists around the world. These CDs (60 minutes) have been clinically tested with an astounding 95% success rate. With this technology, you can reach states of being that directly nurture your sense of self, your creativity, and the dynamic expression of your power. These are states that will enhance your ability to give and receive love, direct your will to achieve new goals, and generate vibrant states of health and well being.



Kelly Howell, creator of Brain-Sync, is internationally acclaimed for her pioneering work in mind expansion. Her 20 years of research into spiritual practices combined with her work with physicians and biofeedback therapists has allowed Brain-Sync to develop and refine this powerful, life enhancing audio technology.



Flow into a state of relaxed concentration where the right and left hemispheres of your brain move into perfect sync. You'll feel invigorated as you access up to 90% more of your untapped ability to learn.
#45003 Brain Power \$14.95

Ever wish you could learn more and faster, and then retain the information longer?
#45004 Deep Learning \$14.95

Change deep-seated behavior patterns and build a positive image.
#42754 Weight Loss \$14.95

Change ingrained behavior patterns with lasting impact so that your appetite and self-esteem work in harmony to help you achieve and maintain your ideal weight.
#75076 Slim Naturally \$14.95

Exquisite beautiful music based on Tantric traditions stimulates your sexual energy centers and opens your heart chakra. Experience peak pleasure and sexual fulfillment.
#75078 Ecstasy \$14.95

With a shift in perception, we can manifest a destiny that fulfills our deepest intent.
#99801 Guided Meditation Destiny \$14.95

When the sacred energy of desire is embodied fully, it creates an irresistible magnetism that attracts the very thing we long for.
#99802 Guided Meditation Desire \$14.95

The power of faith is what miracles are made of. It bridges the gap between mind and matter, between self and higher powers.
#99803 Guided Meditation Faith \$14.95

Through prayer, we can overcome challenges and transform reality in ways we might never have imagined.
#99804 Guided Meditation Prayer \$14.95

Enter a high-powered, high-performance brain state ideal for quick thinking, deep concentration and ability to focus mentally.
#99806 High Focus \$14.95



Hurtle past creative blocks and stale concepts. Expand your perceptions and sources of inspiration.
#99807 Increase Creativity \$14.95

Treat yourself to this unusual brain wave combination that feels like a holistic massage, creating rushes of positive energy.
#99808 Brain Massage \$14.95

The electro-magnetic frequencies of the heart are 60 times more powerful than that of the brain. This program opens your heart to exude an irresistible glow of radiance that attracts the love you desire.
#42763 Attract Love \$14.95

Walk your way to better health and higher awareness. An R&B musical score and a funky, hip-hop beat motivate you to keep moving. You'll wonder where the time has gone!
#99812 Walking Meditation \$14.95

Within minutes, muscles relax, fears vanish and stress fades. A euphoric release for all that troubles you.
#99809 Total Relaxation \$14.95

Science has proven that the contents of our thoughts and emotions directly and immediately influence our biochemistry.
#99810 Healing Meditation \$14.95

For nights when thoughts are churning, this program will make you feel as if you are floating. Then, you'll start to slowly swirl and drift off.
#99811 Sound Sleep \$14.95

A fusion of jazz, rock and world beat music creates a perfect soundscape for an endorphin-inducing accompaniment to your work out.
#99814 Power Training Vol. I \$14.95

#99815 Power Training Vol. II \$14.95

Close your eyes and sweep away negative thoughts. Free your spirit. Bring mind, body and spirit into harmony with the universe.
#45005 Guided Meditation \$14.95

Binaural beat frequencies will lift your physical tensions and mental anxieties in minutes. Helps you reach a profound meditative state.
#45006 Deep Meditation \$14.95

Over a four week period, you'll go to progressively deeper levels where electrical brain activity will produce vivid visualization and manifestation. 120 minutes.
#41047 Sacred Ground \$16.95

Arrive at your destination feeling refreshed, alert and ready to go. Helps balance and restore your brain's sodium and potassium levels, thus reducing mental fatigue and brain fog associated with jet lag. Contains no spoken words. Powerful combinations of brain wave frequencies are harmonically layered in beautiful music. 2 CDs: 120 minutes
#45014 Relieve Jet Lag \$16.95

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. Traveling upward through the chakra system, it removes obstacles to living your highest potential.

A wonderful theta meditation program. CD: 60 minutes.
#45015 Kundalini \$14.95

Embrace The Life You Were Meant To Live

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. 3 CDs: 3 hours
#45016 Unfold Your Potential \$24.95

SHARE US WITH A FRIEND

Help someone else enjoy the life-enhancing products at TOOLS FOR WELLNESS. Send us their name.

THERAPEUTIC USE OF SOUND

SOUND TECHNOLOGY FROM GERMANY

Deeply Impacts The Physical & Mental Wellness Of Children And Adults Alike

Samonas sound technology is a cut above everything else we've heard, because it combines the science of sound with the proven theories of music therapy. This concept employs a whole new school of auditory training, producing benefits in areas such as learning, listening, hearing, balancing, attention, memory and relaxation. German sound engineer, Ingo Steinbach, researched many scientific and musical theories from

internationally acclaimed professionals such as Dr. Alfred Tomatis. Steinbach's studies led to the discovery of the unprecedented technology, engineering, recording techniques and pure aesthetic listening quality of Samonas.

- The recordings are captured in various locations from waterfalls to ancient cathedrals to provide the listening experience in diverse spaces.
- Particular musical

compositions and instrumentation have proven to be excellent tools for overcoming physical, emotional and cognitive challenges

- Harmonics are accentuated to spark interest for the auditory system
- In some recordings, slight weighting is applied to provide the right ear (quickest pathway to the language center of the brain) a stronger dose of music and sound.

Well worth the premium cost, these are truly in a class by themselves.

Samonas

Buy all 13 Samonas CDs and SAVE!

#51007 Samonas Collection \$699.95

Special offer: Buy the Samonas Collection of 13 CDs plus the marvelous Sennheiser headphones (see page 57) and SAVE!

#51008 Samonas Collection with Sennheiser Headphones \$849.95

FOCUS

For people who need to improve their ability to concentrate, stay focused, be more alert and for those who are learning challenged.

Carulli was a contemporary of Mozart. Features guitar and piano music. The recording is right ear-weighted-so as to stimulate the left hemisphere of the brain and thereby activate the logical domain.

#63448 Carulli Duos CD \$59.95

Very lively music composed by Rossini, Tchaikovsky and Grieg recorded in a northern Spanish cathedral which enriches the sound of this orchestration.

#46029 Live In Catalunya \$59.95

Highlights flute quartets by Haydn and Mozart and a string trio by Pleyel. Light and often cheerful, this CD has frequently been used for those with learning disabilities. Particularly suitable for younger children.

#63449 Mozart and Contemporaries \$59.95

GENERAL RELAXATION

These CDs help you to calm down from emotional upset and relieve the tension of the day.



Flute, harp and cello; a very definite healing and calming effect. Slightly right ear-weighted.

#63447 Classic \$59.95

Composers from the classic and early romantic periods. Recorded at an ancient German cathedral with rather unique acoustics, producing a very specific healing and calming effect.

#63451 Romantic \$59.95

Soft music for focus and peace. Music of J.S. Bach, Kuffner, Carulli, Ravel, Villa-lobos and Piazzolla. Encompasses feelings of security, fulfillment and relaxation.

#63445 Nocturne \$59.95

A soprano from Catalonia presents expressive styles ranging from child-like playfulness to emotional mischievous or soulful melodies with a hint of sensuality. Tells the story of human passion, accompanied by the warm sounds of the guitar. An extremely enjoyable CD for the end of the day.

#42046 Lascia Ch'io Pianga \$48.95

ENERGIZING & CREATIVITY

These CDs use light and cheerful music to uplift your mood and enhance your creative energy.

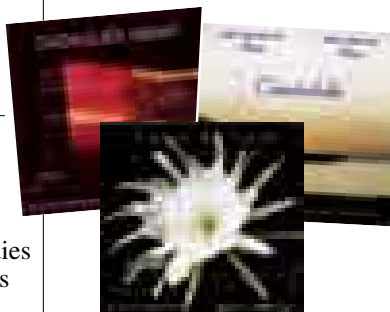
Guitar trio embracing Jazz, Classic and Flamenco... that spirits the listener away. An uplifting adventure. Evokes different moods: light-hearted, buoyancy, intensity and flaming energy that entices relaxation, inspiration and new ideas.

#63442 Cadaques Night \$59.95

Magical impressions on the flute and harp radiate warmth, energy, happiness and contentment. Particularly good for lifting the spirit of both body and soul; encourages peace and harmony in a stressful life and turns negative thoughts and moods into happiness.

#63446 Cantabile \$59.95

Mozart's music is performed in an old Spanish cathedral that has superb acoustics. The melodies and the

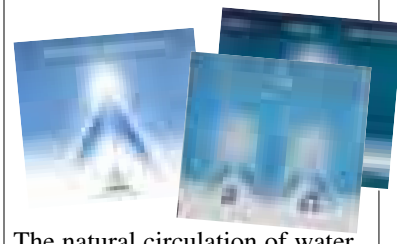


dancing rhythms are perfectly proportioned in an intellectually and emotionally balanced structure.

#42045 Queen of the Night \$48.95

DEEP RELAXATION

These CDs use natural sounds to take you down to "very deep" states of rest and relaxation, even meditation.



The natural circulation of water is combined with pure tones of music played on natural instruments. The level of deep relaxation produced here lies in the creative Alpha and Theta domains. Altered states of consciousness have also been experienced in addition to deep relaxation.

#46030 Mystery of Water \$68.95

Natural sounds of bird song at dawn and dusk. The deeply relaxing sounds were developed through a time space transformation of natural sounds. Track 1 takes you into the Theta state. Track 2 takes you deeper into Theta and the Delta region. Also suitable for super-learning.

#46031 Alpha and Omega \$68.95

Peaceful pulsating of two seas in the evening, conveys the tranquility of nature. The vibrating tone of a Tibetan sound bowl is heard. Calms the body and soul. The listener is led into deep relaxation, and it is particularly suitable for those who do not want distracting influences.

#46032 Nature-Sound-Synergy \$68.95

- Heightened auditory perception
- Improved speech and language
- Improved motor skills
- Increased energy
- Improved concentration
- Accelerated learning
- Used for ringing in the ears



These tapes are duplicated in real time, using state of the art analog equipment, directly from the master, to maintain the high frequencies on which the success of the therapy depends. Copies would entail a loss of frequency and would not yield the therapeutic effect.

THERAPEUTIC USE OF SOUND

Highly Filtered Classical Music That Heals Your Body And Balances Your Mind

Dr. Alfred Tomatis was a pioneer in the study of the effects of occupational noise and determined that listening problems are the root cause of many learning problems. His work served as the foundation for the development of these **SOUND THERAPY** programs by Dr. Patricia Joudry and continued by her daughter, **Rafaele Joudry**. The basic premise is that almost everyone exposed to industrial and city noise or loud music gradually begins to lose hearing in the higher frequency range, the frequencies that energize the brain. When people hear about **SOUND THERAPY**, they are often amazed, and perhaps dubious, about the great variety of conditions it can address. How can it be that simply listening to specially



recorded tapes of highly filtered classical music could do so much, helping conditions such as stress and anxiety, poor sleep, fatigue, ADHD, tinnitus, Meniere's, schizophrenia, epilepsy, stuttering, dyslexia, behavioral problems, and much more?

The answer lies in the fact that the brain constantly changes its structure by creating new brain connections, increasing its efficiency and order. The organized structure of classical music with the added enhancements due to Dr. Tomatis' work is an extremely efficient way to improve brain structure and function. As the brain's response to music is enhanced, the motor pathways retrain the ear muscles. This, in turn, allows high frequencies to reach the brain, creating a constant cycle of improvement.

Level 1: Basic Kit

This is the introductory listening kit for **SOUND THERAPY**. It includes both the filtered listening program and a Sound Therapy Basic Self Help Listeners Workbook and Training Course. Comprised of a set of four 90 minute music tapes with ascending frequencies.



It is the activation and filtering of the music which renders it into a powerful therapeutic program for the ear and brain. The recordings are fully analog, ensuring that the true high frequency harmonics are available to the listener.

#51012 Sound Therapy Basic Kit \$269.95

Level 2: Full Spectrum

This is Level Two, designed to further enhance the ear and brain improvements initiated by the Basic Kit (#51012). It combines whole, unadulterated classical music with another band of quiet, highly filtered (10 KHz) **SOUND THERAPY** music. Once the ear has been "opened" by the Basic Program, this non-intrusive background is enough to maintain the recharging effect on the brain, while at



the same time; the listener can enjoy the full spectrum of the music. This dual focus provides further stimulation for the ear and also expands the consciousness. One can be attentive to the high frequency band with the higher regions of the mind, while the ears absorb the straight music. Contains: 4 tapes, Sound Therapy Full Spectrum Self Help Listeners Workbook and Training Course.

#51013 Sound Therapy Full Spectrum Kit \$269.95

Level 3: Hearing Issues

This advanced kit is designed to further enhance the hearing improvement initiated by the Basic Kit. It combines a range of instruments and filtering styles to both activate and soothe the ear. It includes the filtered listening program and a Sound Therapy Self Help Listeners Workbook and

Training Course for Hearing Issues. Set of four 90 minute tapes designed specifically to improve ear function and can be helpful in serious cases of tinnitus. In addition, it is uplifting for depression and the resolution of difficult emotions. Helpful for sleep.

#33807 Hearing Issues \$269.95



Level 4: Emotional Balance

A selection of music to bring resolution of the emotions, it brings out the beauty in life and assist in finding balance between different sides of the personality. Improves

communication with others. Draws out those who have been through difficult experiences and can also help in the final stages of the healing process. Very effective in recharging the brain.

#33808 Emotional Balance \$269.95



Level 6: Ultimate Energy

This kit aids in motivation, organization, mental faculties and maximum brain stimulation for peak performance. Stimulates energy. This set of tapes has the liveliest and brightest melodies of this

series. Set of four 90 minute tapes, The Sound Therapy Self Help Listeners Workbook and Training Course For Ultimate Energy.

#33809 Ultimate Energy \$269.95



Classic Series

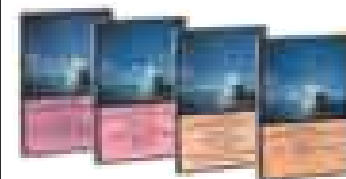
These are Patricia Joudry's original set of four sound therapy cassettes:

- 1) Mozart violin concertos,
- 2) Vivaldi flutes
- 3) Mozart concertos and
- 4) Boccherini flute concertos.

Numerous case studies documenting improvements in

higher mind function, hearing, vocal range and physical energy. 90 minutes each.

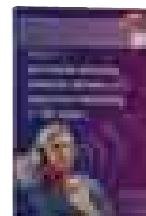
#46033 Joudry Classic Series \$239.95



"Must Reading" About Sound Therapy Tapes

This is the fascinating story of Patricia Joudry's development of Sound Therapy. Her story will inspire anyone who has suffered a noise-related problem. This 11th edition is fully updated with the latest documented results for: tinnitus (ringing in the ears), chronic fatigue, insomnia, stress, anxiety, hearing loss, sound

sensitivity, dizziness, Meniere's disease, travel sickness, jet lag, ADD, memory, and concentration. 205 pages.



#51011 Sound Therapy: Music To Recharge Your Brain \$22.95

All tapes on this page must be used with high quality cassette players. Headphones should be at least 15,000 Hz.

ENHANCE YOUR LISTENING

LISTENING AND LEARNING WITHOUT DISTRACTIONS

The Neurophone provides a means for ultrasonic waves to be interpreted by our brain as "hearing." This technology bypasses the normal audio mechanisms used by the body to hear sounds and provides a direct neural stimulation to the brain. By bypassing the ears to hear ...

effectively allows you to "hear without your ears."

A very popular use is to use the Neurophone with its built-in pink noise generator for meditation and relaxation. Some people go sleep with it on. Many people like to listen to pink noise through the

Neurophone as they are listening to music. Others have had success using it with language and memorization programs for direct ultrasonic input to the brain by connecting a CD player to the Neurophone.

Pink noise plays a key role in all of these applications; pink noise is white

noise that has been filtered to reduce the volume at each octave, resulting in a noise sound wave that has equal energy at every octave.

Pink noise is a favorite for meditation and relaxation. Listening to pink noise has been said to be analogous to listening to a waterfall in the distance. The integrated pink noise generator in the Neurophone provides pink noise on demand. Then, allow the pink noise to take your mind from your daily affairs

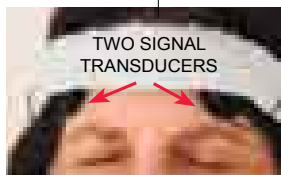
One of the main goals while using the Neurophone will be to increase the gain levels (volume) of the output over time. As you are training yourself to hear ultrasonically through your ears, you will find that over time you are able to hear the output of the Neurophone at a seemingly higher volume even though you are turning down the gain control.

meditating, studying and learning becomes easier to comprehend and retain. Imagine a time when you were trying

to concentrate on learning a new activity or concept and recall how easy it was to be distracted by other noises:

co-workers, family, telephone, television, vehicle sounds, etc.

Hearing is an amazing sense; however, our ears are not selective to the content that they do or do not hear. As a result, it becomes difficult to focus on the task at hand. The Neurophone



CHOOSE NEUROPHONE if you are:

- Having trouble screening out extraneous noises
- Studying memorization programs
- Finding it difficult to focus, comprehend, and retain information
- Serious about meditating

to a new level of relaxation and meditation.

Patrick Flanagan, renowned scientist and author, developed the Neurophone as an advanced microprocessor control to create the finest experience in ultrasonic neuropathic stimulation. It is a precision scientific instrument with an extensive digital sound processor that encodes sound and modulates it into ultrasonic signals. Its digital engineering offers a quality

of ultrasonic transmission that is more accurate and richer in harmonics than an analog representation. Ongoing research is being conducted to evaluate the Neurophone's role in accelerating learning and memory retention.

Using the Neurophone is simple... put the transducers on your forehead using the headband as shown. Everything is supplied with your purchase.

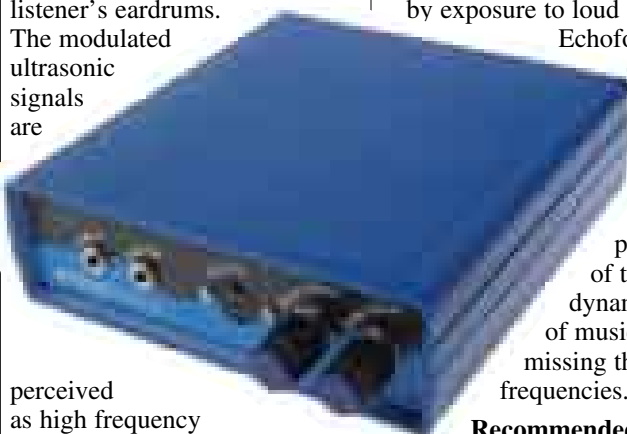
#83077 Flanagan Neurophone
\$549.95

ARE YOU SEARCHING FOR AN ULTRA-LISTENING EXPERIENCE?

The Echofone generates the sensation of sound through neural induction, without any mechanical stimulation of the listener's eardrums. The modulated ultrasonic signals are

amplifying the fidelity of quality recordings. If you have any high frequency hearing loss, such as damage caused by exposure to loud sounds,

Echofone allows



perception of the full dynamic range of music without missing the high frequencies.

perceived as high frequency audible sound. The Echofone extends your hearing perception to sounds well above anyone's hearing range. Music and sound from any high quality source comes alive with astonishing fidelity and dimension.

The perceptual expansion of overtones above your normal hearing range adds a sense of depth to many recordings. For example, you can close your eyes and perceive where instruments in a recorded orchestra actually are in space. Remarkable, but true!

The results are enhanced tone, crispness and depth... greatly

Recommended for:
sound therapy sessions, programs with binaural beats, listening to high quality recordings of music, learning languages and other instances where extremely faithful reproduction is required.

The Echofone headband uses a Velcro system allowing you to attach the transducers easily and comfortably. You get everything needed to use the Echofone, including a cable to attach to a CD player.

#48609 Echofone **\$399.95**



CHOOSE ECHOFONE if you are:

- Passionate about listening to high quality music
- Learning a new language and must listen to enunciation with clarity
- Suffering from hearing loss
- Listening to sound therapy programs with full dynamic range

DYNAMIC SOUND— LIKE BEING AT A CONCERT

Listening To High Quality Sound With Poor Headphones Is Like Attending A Concert With Cotton In Your Ears.

We've had some customers call to say they didn't get the results they wanted with the sound therapy programs and music that they received from us. After some questioning, we determined they were using inexpensive headphones purchased at their local discount store. Then, after buying full-spectrum headphones from us, we checked back with them. A three letter word was common in all the responses... WOW! What made the difference is the Sennheiser headphones which we recommend for sophisticated listening.

1. Made by one of the world's most outstanding audio manufacturers.
2. Broad frequency response: 15-

- 28,000 Hz spatial sound for professionals and audiophiles.
3. Open, dynamic, stereo design with ergonomic comfort.
4. Advanced Duofol diaphragm technology.
5. Excellent high frequency response, ideal for Samonas and Patricia Joudry programs and brainwave entrainment CDs.
6. Highly optimized, neodymium magnet systems.
7. Outstanding wearing comfort for long listening sessions.
8. Lightweight aluminum voice coils for highly efficient and dynamic sound quality.

These headphones are for those who want the very best effect and benefit from sound therapy programs and classical music. Once you hear the difference, you will never go back to regular headphones again.

#42535 Sennheiser Headphones
\$169.95

SUMMARY: These headphones feature a special internal Surround Reflector, which generates a spatial sound field. State of the art, advanced Duofol diaphragms and highly optimized Neodymium ferrous magnet systems... make these ideal for high quality music listening and those brainwave technology programs used in the therapeutic use of sound.



Superlative Sound And Wireless, Too!

Switchable SRS surround sound mode, auto-tuning with memory, automatic level control, lightweight, comfortable to wear. Includes a metal stand for storing and recharging the batteries. Operating time: 22 hours. Frequency response: 18-21,000Hz

#43115 Sennheiser Wireless Headphones
\$169.95



ENHANCE YOUR LISTENING

LOW FREQUENCY RESPONSE HEADPHONES

For Light And Sound Machines
And All Other High Quality Recordings

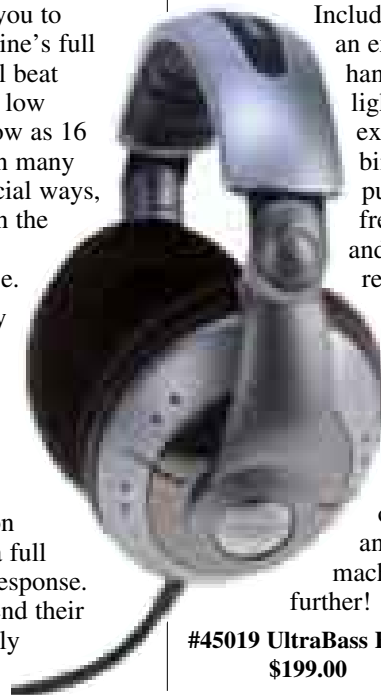
They offer the low frequency response that many other headphones are not sensitive to, and are incapable of detecting.

You may have an excellent light and sound machine capable of low binaural beats frequencies. Photosonix, leader in audio-visual stimulation devices and maker of these headphones, has now enabled you to realize your machine's full potential. Binaural beat frequencies in the low pitch ranges (as low as 16 Hz) can be used in many varied and beneficial ways, and are outlined in the booklet included with your purchase.

These high quality headphones can be used with any light and sound machine or stereo source. They offer superb music reproduction as they produce a full range frequency response. We also recommend their use with audio-only entrainment

programs, whether in combination with audio-visual stimulation or alone. You will be pleasantly surprised at the enhanced results you get when used with programs such as Hemi-Sync, Hypno-Peripheral Processing and paralingual recordings, Brain Sync, meditation and others.

Included is an excellent handbook on light and sound, explanation of binaural beats, pulsed beats frequencies, and an extensive reference guide for further reading. If you really want to get the maximum performance out of a light and sound machine, look no further!



#45019 UltraBass Headphones
\$199.00

SUMMARY: If you are serious about light and sound sessions and want to use your machine to its full potential, these headphones were designed with you in mind. They enable you far superior use of the low binaural beats frequencies and add a great enhancement of the audio-visual stimulation light and sound experience. Because of their superb range, they allow you to hear all types of music and sound sources like never before.

Take A Look At

Are Cell Phones Harmful?

While it is still too early to determine long term adverse effects of using cell phones... some recent findings indicate the following:

- During usage, heart rate and hormone secretion is accelerated

- Usage should not be for prolonged periods
- Use by children should be restricted or eliminated
- Protection devices do help to reduce any dangers

#42506 Digital Cell Phone Diode
\$24.95

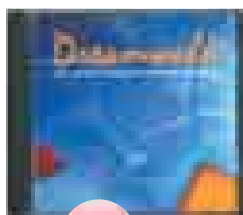
See Page 85



PSYCHIC EXPLORATIONS & DREAMING

Learn How To Become Consciously Aware During Your Dreams, How To Remain Lucid And Apply Conscious Dreaming For Personal Growth And Benefit

- Easily remember your dreams
- Analyze the deeper personal meaning of dream events and symbols
- Track specific dream patterns and identify your own dream cues
- Become consciously aware (lucid) within your dreams
- Use your dreams to understand and work out subconscious issues
- Use your dreams to achieve personal growth in waking life
- Induce a lucid dream from the waking state
- Control your actions within your dreams
- "Program" or "incubate" dreams about desired events
- Use your dreams to rehearse situations for waking life
- Induce a lucid dream from the waking state
- Control and steer your dreams



Dreamwalk contains two audio CD tracks with binaural beats, which can be listened to prior to going to bed. The CD uses a proprietary harmonically layered

audio technology to trigger a combination of Alpha and Theta brainwave states in order to increase your dream recall, trigger more vivid and lucid dreams, and teach your mind how to remain consciously aware while the body sleeps. Also contains CD-ROM features that include: interactive dream dictionary, techniques for developing dreaming skills, dream journal templates and more.

Requirements: Windows 98 and above, Adobe Reader (free download from Adobe.com)

#51034 Dreamwalk \$29.95

Lucid Dreaming



Here is a unique opportunity to benefit from states of expanded awareness during times we are not normally conscious. This

four-exercise series on DVD is designed to teach you how to program and consciously participate in your own personal dreamscape. Clinical research suggests that focusing on the dream you wish to experience while remembering that you can consciously participate in your dream state can dramatically increase your chance of success. This Lucid Dreaming Series provides a substantial advantage for those interested in lucid dreaming by incorporating the Hemi-Sync sound technologies from Monroe Products. These

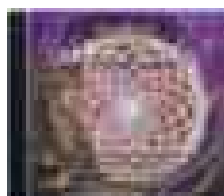
exercises were designed to facilitate the brainwave states found in naturally occurring sleep cycles. Accordingly, each of the first three exercises is 90 minutes in length. With the expanded capacity of DVD, exercise #4 is designed for a full eight-hour sleep period to support your lucid dreaming practice. Incorporates the hemispheric sound technologies from The Monroe Institute.

#99850 Hemi-Sync Lucid Dreaming \$49.95

Dreamcatcher

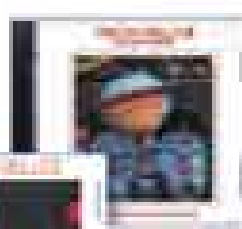
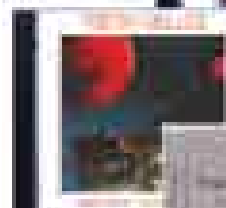
Drift gently into the mystical dream state with soothing ambient music, calming water sounds and Hemi-Sync sound technology.

#45011 Dreamcatcher \$19.95



Enter Meditative States Faster With Sounds Of Tibetan Monks

Tibetan instruments have been used for thousands of years for mental healing and to access profound meditative states. Relax and gently stretch for a few minutes, lay down, slow down your breathing and soon you'll be experiencing lush internal imagery and satisfying blissful meditation. This will quickly open your psyche!



#82069 Tibetan Bells and Bowls \$49.95

People commonly report being able to see energy fields and auras afterwards. Headphones potentiate the experience. The bells and bowls generate high energy, high-wavering frequencies, combined with a lower trance inducing wavering pitch. 3 CD set.

A Complete Course For Conscious Dream Travel



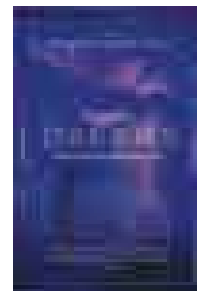
Stephen LaBerge, Ph., a recognized authority, teaches his simple, proven methods

for becoming fully conscious in the dream state. Now anyone can learn to consciously explore and use their dreams for self-discovery, emotional healing, and profound insights. Includes: book plus two guided dream induction sessions on CD.

#42528 Lucid Dreaming \$19.95

The Ultimate Dream Dictionary

This quick reference guide is essential for anyone exploring the power of dreams for personal transformation. With more than 20,000 dream symbols, this guide distills the



essence of our night dreams into concise definitions that reveal the spirit in even the most mundane of images. 658 pages.

#45701 Into Your Dreams \$19.95



Past Life Explorations And Out-Of-Body Travels

In this exciting 5 CD set, you will experience guided meditations, hypnosis and instructional discussions in a home workshop format.

- During a powerful regression, trace the source of a current problem
- Examine the core of your current relationships
- Explore and connect with your spiritual guide or higher self
- Explore the unseen energies that influence your life

- Experience a progression to a future event of a lifetime
 - Alter negative patterns that were created in the past
- 5 CDs each approximately 60 minutes

#41019 Exploring Your Past Lives \$69.95



PSYCHIC EXPLORATIONS & DREAMING

Adventures Beyond The Body



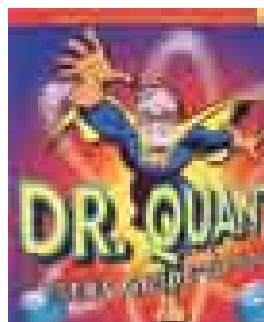
This excellent program of guided meditations provide the listener with powerful tools for out-of-body travel. Experience total freedom as you leave the limitations of your physical body behind and become aware of the radiance of your astral body. Here are the titles of this 4 CD set by William Buhlman:

- Sleep Programming For Out-Of-Body Experiences
- Spiritual Awakening
- Spiritual Growth And Expansion
- The Vibrational Technique

#99869 Adventures Beyond The Body \$49.00

YOUR MIND IS A QUANTUM ENGINE Are You Ready To Fire It Up?

The art of "applied quantum



physics" is learning how to harness the power of consciousness as we move through space and time. At the heart of quantum theory lies an astounding truth: that the act

of observing events in your life can alter their outcome. Our minds may not be just along for the ride in an impersonal universe. Instead, we can define the fabric of reality at a fundamental level with the choices we make, the things we choose to see or not see, and most importantly, our intentions in each moment.

Quantum physics is an astounding (and mind-boggling) field of science, and you can actually use it to change your life with this "User's Guide To Your Universe." 6 CDs; 7 1/2 hours of wisdom, lucidity and humor.

#51049 Dr. Quantum Presents: A User's Guide To The Universe \$69.95

Learn Self-Hypnosis From An Expert For Mind-Body Healing

This is the first multimedia, interactive curriculum that taps the mind-body connection to optimize physical health, break unwanted habits, boost mental agility... whatever you set your mind to achieve. Features the "Hypnotic Apothecary," with over 20 specialized hypnotic applications to relieve pain, assist in weight loss, heal skin, boost

immunity, and much more. 18 CDs, workbook, and pendulum. Over 20 hours of instruction.

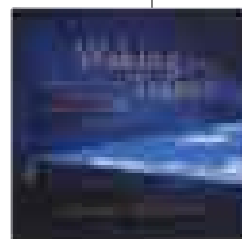
#51059 The Self-Hypnosis Home Study Course \$199.95



Waking From The Trance

Have you ever felt that your thoughts, feelings, perceptions and memories... everything you've known to be "you"... might be just the surface of something far more expansive? That somehow, there might be a way to "wake up" to an entirely new revelation of the world and of yourself?

In this program, you are invited to discover a revolutionary new



understanding of the nature of consciousness that can help us to see beyond the inner structures that limit our awareness. You will learn how to identify the "frames" that organize your most basic experiences, extend your awareness

to every level of who you are... and, ultimately, to realize whom you are beyond your thoughts, emotions, memories, associations and perceptions. 6 cassettes, 9 hours.

#51050 Waking From The Trance \$59.95

Balance Your Chakras, Harmonize The Auric Field

This music creates a unified field within and around the human bio-energetic matrix, in preparation for altered states of exploration, shamanic journeys,



out-of-body experiences and other ascension dynamics.

Listen to this CD prior to the DNA series on page 77 for the most integrated and expansive journey to the infinite probabilities of the Multiverse. 58 minutes.

#34011 The Odyssey \$19.95

Journeys Out Of The Body

The out-of-body experience is a state in which one's consciousness appears to depart the physical body allowing perception by means other than those of the physical senses. This Monroe Institute series was designed



for those who desire to achieve this state. With practice, one can be brought up to the borderland sleep state, and through it, to experience the out-of-body state with full conscious awareness. 6 CDs and manual.

#51088 Journeys Out Of The Body \$99.95

Ken Wilber Tells How To Upgrade The Way You Think... And Live

For many thousands of readers, Ken Wilber has provided a model that actually makes sense of life and the universe. Now in a streamlined, concise form, Wilber has created the ideal tool for sparking an immediate revolution of mind and spirit. With this multi-modal "platform of the soul," users will learn how to see the world with a whole new level of understanding and philosophical

sophistication. Here is a chance to receive direct instruction from Ken Wilber. 2 CDs, 1 DVD, study guide.

#51058 The Integral Operating System \$39.95



MENTAL ACUTY AND LEARNING

Pump Up Your Brain Cells

Brain Lightning™ is a highly advanced neurological formula suited for the discriminating 21st century individual. Brain Lightning™ features a natural, synergistic, safe,

and effective formulation that will assist anyone who has a need for increased focus, concentration, or better memory at home, at school, or on the job.

In a Princeton study by Gould and Gross, they discovered that three areas of the cerebral cortex was capable of regrowing brain cells, the prefrontal, the inferior temporal, and the posterior parietal regions. Brown University and the Howard Hughes Medical Institute investigated synaptic chemical activity in the brain. Their findings hint that connections in the brain can be modified thus facilitating long-term memory storage. Cornell University Medical College and McGill University in Montreal demonstrated that brain cells responsible for memory and learning are able to regenerate, and that the process of replacing brain cells continues throughout life. More recently, a team of New Zealand scientists determined that our brain cells can regenerate themselves after injury or disease.

Powerful Natural Substances Aid Super Brain Function & Longevity

From the periwinkle plant to the weed-like Chinese Club Moss, Vinpocetine and Huperzine A are extracted. Vinpocetine has been extensively researched for over 30 years involving 30,000

WHY USE BRAIN LIGHTNING™?

- Feeling Brain Fogged?
- Over 40 or interested in anti-aging?
- Want to rejuvenate your brain?
- Exposed to environmental toxins?
- Want better memory recall?
- Need a mental edge?

patients and over 100 clinical trials published. Huperzine A also has had numerous published studies. Over 100,000 people with memory loss or Alzheimer's disease have been

treated with Huperzine A.

The European Journal of Clinical Pharmacology reported in 1985 that Vinpocetine accelerated the rate of learning by 40% and that short-term memory was improved in one hour in 62% of persons tested. In 1997, the Journal of American Medical Association, reported that Huperzine A increased brain levels of acetylcholine and other neurotransmitters while decreasing neuronal cell death from stroke, epilepsy, and other brain disorders. Further exciting findings came from Walter Reed Army Medical Research Institute that Huperzine A was capable of protecting brain cells against toxins.

Brain Lightning™

comprehensively serves both the neurological and endocrine systems, and does not contain the "biological noise" of many other products available today. Brain Lightning™ offers 100% natural, best grade, and the highest purity in all its ingredients. The proprietary synergistic formula is finely tuned to achieve the maximum

neuro-physiological benefit, far outweighing the capability of any other product.

Providing the Best Nutrition for the Human Brain

Brain Lightning™ provides a balanced blend of ten major neurological support

substances including Huperzine A, Vinpocetine, DMAE, Trimethylglycine, DL-Phenylalanine, GABA, L-Tyrosine, Ginkgo Biloba, and Pregnenolone, supported by a wide spectrum of specific vitamins and minerals of the highest natural quality. 90 capsules.

#71061 Brain Lightning \$69.95

Buy 3 bottles and SAVE! \$59.95 each

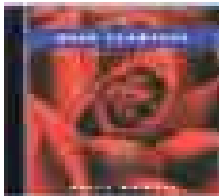
Key Benefits Of Brain Lightning:

- Promotes better short-term & long-term memory
- Enhances focus & concentration
- Faster, accurate thinking
- Improves mental & intellectual function
- Protects against age-related cognitive decline
- Protects against neurotransmitter exhaustion
- Improves glucose & oxygen utilization in the brain
- Improves cognitive function in Alzheimer's patients
- Facilitates cerebral metabolism
- Assists cerebral detoxification
- Increases acetylcholine in brain
- Improves vision & hearing
- Enhances blood flow to brain
- Increases mental sharpness
- Increases memory recall
- Prevents nerve gas toxicity
- Alleviates glaucoma symptoms
- Helps scavenge free radicals in the brain
- Facilitates clarity of thought
- Increases mental energy

Strengthen Your Memory And Concentration

Ever wish you could learn more and faster, and then retain the information longer? See page 35

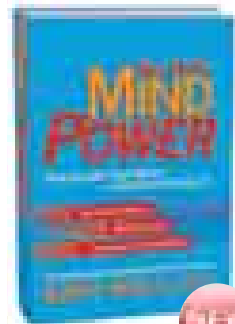
#45004 Deep Learning CD \$14.95



Protect Your Brain From The Common Effects Of Aging

With a wellness plan rooted in extensive research, scientific data, and hundreds of studies, the author (talk show host and champion athlete) has developed a strategy that not only protects the brain, but helps to counter the effects of aging and such common detrimental conditions as Alzheimer's, Parkinson's, depression, memory loss, senility, insomnia and others. 336 pages.

#45708 Mind Power \$24.95



Improve Memory, Sharpness And Prevent Aging Of The Brain

Provides the tools for rejuvenating the mind, whether you've become forgetful and less able to focus at work, or are trying to help a loved one who has suffered a serious illness. Many topics are covered such as: hidden brain toxins in your medicine cabinet and in the food you eat, treating stroke, Alzheimer's, Parkinson's and much more. 336 pages.

#45703 The Better Brain Book \$24.95



Sharpen Your Memory And Reading Skills

Condition your mind for brilliance with exercises and new perceptions that stimulate your hidden genius. 348 pages

#46035 The Einstein Factor \$16.95



ACTIVATE YOUR MIND

See How Bright You Really Are!

Improve your performance in memory, quickness, IQ and learning capacity. The ImageStreaming process opens a secret passageway to the dynamic resources of your brain. You'll feel brighter,

clearer, calmer, more confident and happier. Two mental exercises, "Hidden Question" and "High Think Tank" get the noise and interference that seem to clog the lines between the conscious and the genius mind. This improves problem solving

and increases the speed of getting intuitive and creative insights. You get 8 Program CDs, "Think Visually" booklet and a workbook.

#83047 Genius Code
\$174.95



PHOTOREADING® PERSONAL LEARNING COURSE

Gives You The Ability To Read At Speeds Most People Find Unbelievable

Too many web pages to read? Too many books, newspapers and magazines to study? To be successful in today's world you need information. PhotoReading can help you digest information quickly and easily. Want to learn how to golf? Great, go pick out the five best books on the subject. Then, with PhotoReading, read all of them in about 2 hours. Wait 24 hours, while your mind organizes and stores the information (while you are enjoying life!). Next use proven techniques to recall what you read, and how

each book helped you. This is a powerful way to learn ANY new subject. Like a mini-college course all available to you in a couple of days.

After a few weeks with PhotoReading®, you will learn to:

- Enter peak learning states
- Improve memory and concentration
- Save hours of time AND stay ahead of your competition
- Never let "too much information" slow you down

Your subconscious mind can process an unlimited amount of information. Be learning and using these proven techniques, you can take your knowledge to new levels. In our information rich world you need to keep up. PhotoReading will help you do just that.



Clearer Thinking And Greater Vitality

The vitality of Oxy-Bliss Liquid is incredibly psychoactive, producing a high-energy feeling of well being, optimism and clearer thinking. Preferred by athletes and creative types. Sublingual for faster and more complete absorption. Stimulates clearer thinking and a general feeling of vitality and helps detoxify the body by scavenging free radicals and toxins. (1-2 month supply) 1 oz. bottle.

#46038 Oxy-Bliss \$46.95

Buy 2 and SAVE! \$43.50 each

Here is How It Works:

1. Place a book or magazine in front of you.
2. Relax, close your eyes, notice your breathing and sit up straight.
3. State your purpose for reading.
4. Open your eyes, and turn the pages in a relaxed rhythm
5. Focus on the entire page, and mainly the white space, not the letters. Your mind is now working like a copy machine to store each page in its entirety in your subconscious
6. Close the book, and state that you have completed learning
7. Wait 20 minutes to 24 hours. (Longer is better to allow your mind to process the information)
8. Use the activation techniques to bring what you've read into your conscious mind

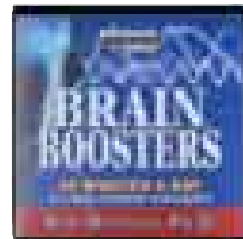
What you get:

16 PhotoReading instruction sessions on CDs, and 4 books: The PhotoReading Whole Mind System by Paul Scheele, Natural Brilliance by Paul Scheele, a manual, and a pocket dictionary.

PLUS A FREE Memory Supercharger CD.

#42547 PhotoReading Personal Learning Course
\$244.95

Use The Genius-Like Qualities That You Have



Do you want a sharper edge? Do you want to improve your abilities? Are you a goal setter? Do you want to develop more passion for your ideas? Do you want to see these ideas blossom? How can your intelligence be increased? Not your I.Q. intelligence, but your status, financial intelligence, and your business savvy. You will get resources that will help to improve your intelligence... through a series of practical theories and exercises that you can use for as little as 20 minutes a day and make meaningful gains in your genius abilities. Each time you respond in some specific way to one of your own ideas, you reinforce the behavior of being more creative and more intelligent. Contains: 6 CDs and a CD-ROM workbook.

#42712 Brain Boosters \$79.95

Get Peak Mental Performance

ATP (Adenosine Triphosphate) gives you the highest energy levels for physical and mental peak performance. All energy from foods must be converted to ATP to be utilized by cells, but environmental oxygen deficiencies result in our bodies' reduced ability to create required amount of ATP for demanding physical or mental output.



75 tablets; 3 month supply

#46037 Soma ATP \$49.95

Buy 2 and SAVE! \$47.95 each

MENTAL ACUTY AND LEARNING



Improve Short-Term Memory, Reaction Time And Hand-Eye Coordination With A Serious Brain Power Fitness Program

This is a software program that was designed specifically for the effective training of a variety of important cognitive skills. It covers a wide range of abilities such as: visual search, time estimation, naming, categorization, visual short term memory, auditory short



term memory, location memory, spatial orientation, planning, ability to inhibit planned action, speed of reaction and hand-eye coordination. Initially, MindFit evaluates the starting point for each user, and on the basis of this information it

designs an individual training program. It has an exceptional Individualized Training System, developed by a recognized authority in the field of psychology. It is easy-to-use, mentally stimulating, and very effective. User's Guide and booklet on CogniFit Training is included.

#99853 MindFit \$149.00

Improve Your Capacity To Process Information With Greater Efficiency

BrainBuilder® "neurobic" exercises can boost your whole family's ability to absorb and process information quicker and easier, and all it takes is ten minutes per day!

Psychologists and educators call it "sequential processing." It's essential to every mental process, including every level of verbal communication. Better sequential processing enables us to take in more of what there is to see and hear. It determines how quickly and clearly we can grasp concepts with 3 or 5 or 7 components. And it determines how effectively we can express ourselves to others. Some things work just fine. Others work, but s-l-o-w-l-y, or more crudely. Use brain-building methods tested and proven effective over a 30-year period on over 20,000 children and adults.

Fast, simple, easy-to-use software helps you get powerful results in as little as 10 minutes per day. With BrainBuilder, you play up to 7 different 2-3 minute activities every day. BrainBuilder automatically sets and adjusts the level of difficulty to help you succeed

and challenges you to improve, providing feedback every step of the way.

The more you exercise your brain's fundamental processing capacities, the stronger, more efficient and more organized they become. As the pathways of your neural network



proliferate and deepen, so too will your ability to absorb and process information quickly and easily.

The result is clearer, quicker thinking, less confusion and better communication. You'll have less need to reread information or hear it repeated, and faster, more accurate responses to real-life or academic problems. Naturally, this means less stress, higher self-esteem, and greater satisfaction and all-around success in life.

There are three visual activities, three auditory, and one intensity activity. These six core activities all involve seeing or hearing, and then recalling, a series of numbers.

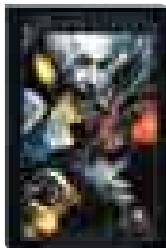
With regular use of BrainBuilder, you can gradually increase the number or "span" of digits, or numbers, that you can store and retrieve, thus increasing your short-term memory. Better memory is just the first level of benefit you will notice. If you can grasp the relationship of more factors that are interacting in a given situation you may be able to solve problems more successfully that would otherwise be too complex to comprehend.

- Increase immediate, working and short-term memory capacity
- Improve auditory and visual processing
- Raise cognitive processing speed
- Develop visualization & conceptualization
- Improve attention and concentration
- Enhance listening & reading
- Increase mental efficiency & organization
- Reduce confusion and mental stress
- Enhance communication and social interactions

#54816 BrainBuilder 3.0 CD-ROM \$49.95

Explore Your Brain's Potential

This book has protocols for lucid dreams, getting to sleep, higher consciousness, sports performance, learning and much more. It outlines



the different states of mind, or brainwave states, mapping-out how to recognize when you are in these states. Also gives you "fool-proof" methods to readily slip into

these mind states at will.

You are guided by progressive exercises that involve breath extension, tension-relaxation techniques, visualization, and cognitive awareness training. 2nd edition. 285 pages.

#46036 Brain States \$14.95

Exercise, Puzzles And Games To Balance Your Brain

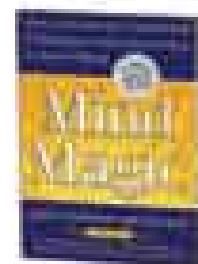
This book offers a delightful way for the cognitively curious to discover their own "brain bias" (left side/right side weakness and strengths), and then fortify the side that needs attention. Contains rigorous training exercises that result in enhanced mental power in every area. 160 pages.



#34004 Workout For A Balanced Brain \$24.95

How To Develop The 3 Components Of Intelligence That Matter Most

Apply the insights of Jean Piaget, the revolutionary thinker. This book demonstrates how everyone can understand how his or her mind works and how to use that knowledge to build intelligence. Softcover, 304 pages.



#45012 Mind Magic \$15.95

10 Minutes To Faster Reading

Grab a book, turn on the CD, and watch your reading speed increase immediately.

Even your concentration improves. Hundreds of thousands have already learned from Paul Scheele, the world's greatest reading instructor. CD



#42716 Double Your Reading Speed in 10 minutes \$19.95

Inspire Creativity with



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