

# ***HEMI-SYNC® AND CHILDREN IN CYPRUS***

*Hemi-Sync is a safe, easy-to-use inexpensive audio technology that facilitates entry into specific, beneficial states through synchronizing the electrical activity in the two brain hemispheres. Hemi-Sync, developed by The Monroe Institute of the USA, is scientifically and clinically proven, with over 40 years of research behind it. The following feedback has been received from Hemi-Sync users in Cyprus:*

## ***PREGNANCY SUPPORT :***

One mother, who used ***Hemi-Sync*** during 6 months of her pregnancy, had a natural birth. She listened to ***Opening the Way***, a series of 8 audio cassettes specially designed for support during pregnancy and childbirth. She said, “I didn’t lose it and I managed to click when I needed to click.” Her sister also used ***Opening the Way*** when pregnant and she too had an unassisted birth.

A mother reports using ***Metamusic*** for relaxation during pregnancy. Her daughter, now eight months old, likes ***Metamusic*** a lot. Whenever she hears it, she moves her hands and feet as though dancing and she seems to be a contented baby.

## ***TEACHING :***

A teacher reports on using ***Metamusic*** in the classroom:

“During the settling in time whilst the children completed spelling and basic numeracy tasks, I played ***Baroque Gardens***. When the children had tests, I played ***Remembrance***. The children were six–seven year olds. There was a level of deep concentration and focus during those times when the ***Metamusic*** played. The classroom assistant commented a few times on how the children’s “mood” changed when the music was playing. It was difficult to put your finger on what exactly was going on until one student enlightened me. I had been playing ***Baroque Gardens*** during a creative writing session and the music stopped. The student, who was borderline ADHD, came up to me, frowning and looking quite cross. He said, ‘I just can’t think now that the music has stopped. They (the other students) are all distracting me.’ He found that the music helped to give him direct focus on his task instead of the multiple focus that characterized his problem.”

“Another time, whilst substitute teaching 10-11 year olds, I asked the teacher if I could play **Remembrance** whilst I was teaching the students. I explained that some children would probably like a particular track whilst others might dislike it. I was interested to discover if this characterized particular types of learners. I played the music and some of the children said they actually had headaches or felt sick during one track or the other. When the teacher returned, I explained this and she was interested to see how many had had a reaction to each piece. It was exactly 50 per cent and the teacher was really intrigued. I would like to have followed through on this study, but was unable to do so as we were close to the year end and the students were going on to secondary school. The teacher has since purchased and used **Metamusic** in the classroom and actually purchases it ‘officially’ by requisition out of the school budget.”

“It is difficult to say exactly what the effects of **Metamusic** are on the learning process of children. I suspect that each and every one of them is, in fact, responding in a very unique and different way, as each child has a very unique and different way of processing the world and his or her experiences. No one brain can possibly be the same as another because we are constantly creating our own input. And even that can change from moment to moment along with our mood swings, emotional input and physical circumstances. I believe the beauty of **Hemi-Sync** is that it works regardless of the variables as it shifts and moves with the listener, as the waves in the ocean shift and move with the tides.”

A particular child had a serious attention problem and was disruptive in class, with serious boundary problems with personal space, etc. After trying a number of different techniques with him, the teacher, who was a substitute, used **Baroque Gardens** with headphones. He was given his own workspace and he worked on his own fairly well. When the teacher met him 18 months later he said, “Miss, remember when I used to listen to the music and work?” As this student continued to struggle with focus and concentration, after several months at the school, he was put on Ritalin to control his behavior and was considered to have very poor memory retention. Yet he remembered his experience with **Hemi-Sync**.

“I use **Hemi-Sync** as an integral part of the *Programmes for Progressive Development* (an integrated, multi-discipline approach to all aspects of a child’s development, to help to create physical, mental and emotional balance and harmony). All the children I work with have access to **Surf** every night. If there is a particular tape which is appropriate, then that is also used. I particularly like **Flying Free**. The visualization is very accessible for children and the richness of the sounds of the real world help those with trouble visualizing to have an anchor to work with. For a child with ADHD, learning the skill of relaxing is essential. Many of them are poor sleepers who often suffer from nightmares or bad dreams. The positive experience of **Flying Free**, coupled with the deep relaxation it helps to bring about, can have a profound effect on such children. One six year old learnt to bring the monsters in his nightmares into control. They shrank and shrank week by week until eventually he told me they made him laugh now and even did things to entertain him. He said, ‘Sometimes they try to be scary, but they just can’t scare me anymore’.”

*For further information about **Hemi-Sync**, contact:*

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