

Since 1997, I have been introducing Hemi-Sync to people in Cyprus, an island in the Eastern Mediterranean, with a population of about 700,000 - the size of a small city. Often referred to as the crossroads of Europe and the Middle East, Cyprus has a long and rich history, with traces of human settlements dating back over 10,000 years and is the mythological birthplace of the Goddess of Love, Venus (or Aphrodite as she is known to the Greeks). In modern times, Cyprus experienced war, invasion and partial occupation in 1974, which left the island's two ethnic communities of Greek and Turkish Cypriots divided by politics, language and religion. United Nations peacekeepers have been stationed here for over 40 years. It is a country faced with difficult choices, centuries-old problems to resolve and one where few have heard of Hemi-Sync.

In the Spring of 1999, a part of TMI history was made when I organized the first European English-language GATEWAY VOYAGE, held in Cyprus, with two TMI residential trainers. The participants, all residents of Cyprus, were uniform in their praise of the program. One participant, who had been wanting to go to Virginia since 1991, felt that it was especially significant that Gateway had finally come to him! The following year, after I received my Gateway Outreach trainer certification, I began to facilitate Gateway Outreach workshops in Cyprus.

Even though TMI is fairly unknown here and with Cyprus such a “backwater” when it comes to consciousness studies, we've had excellent results using Hemi-Sync. I've met only a few people here who were familiar with TMI. And the idea of brain synchronization is a new concept for many here. Culturally, there are difficulties, with little toleration for anything that does not conform to the predominant Orthodox Christianity. Mystical meditation is generally considered heresy and the “devil's” work, with unreasonable fears about “cults” and “Satan”. Language is a problem even though many people have some knowledge of English. There have been requests for workshops for Greek speakers with little knowledge of English, where explanations in Greek would be provided. For Greek speakers, I usually recommend Metamusic, which transcends the language and cultural boundaries.

GATEWAY OUTREACH PROGRAMS

On average, I organize about four GO workshops in Cyprus per year. Most participants are complementary therapists or individuals interested in personal growth. In the past three years, about 100 participants, representing 13 nationalities, have attended my workshops. There has been overwhelmingly positive feedback on the workshops. One participant was a Russian who proudly showed me his Russian-language copy of “Journeys out of the Body”. During workshops, I occasionally have a participant suggest that the course is a lot like programming and express concern about this. Interestingly, often before I can even address this subject, another

participant pipes up that what goes on in daily life “out there” is the programming and what we are actually doing is deprogramming! About one-quarter go on to do my other GO workshops and several participants subsequently travelled to Virginia, where they did two programs back-to-back, to save on travel costs.

Here are some feedback quotes from Cyprus GO workshops: “The Excursion was a treasured experience for me and it opened a little bit more the door to spiritual awakening. I want more please!”; “The workshop is easy going and it works, gives results.”; “I liked most the relaxed atmosphere, meeting like-minded people. Learning (developing) while having good fun.”; “The tools that H-Plus have taught me will be of great use in my life and in my work as a practitioner”; “I don’t think it could be better – perfect”

The GO workshops have been the scene of some unusual happenings: as our very first Excursion workshop was ending, two Jehovah Witnesses appeared at the house (a quite rare event in Cyprus). Our hostess told them that we had just finished a spiritual retreat. When asked if she had her own religion, she replied that she had direct dial! I guess that could very well be one effect of two days of using Hemi-Sync! The next workshop we held was just finishing up when one participant noticed that there was a small snake by the front door. We felt it to be a fitting symbol of the power of the transformative weekend we had just experienced. Another time, we held a workshop in a former stone quarry cave, which had been beautifully and tastefully converted into a conference hall. Doing Hemi-Sync in the arms of Mother Earth created a quite unique atmosphere which certainly seemed to facilitate the unfolding awakening process of the group.

When I first met Barbara Spitzer, a mother of three and an artist, she had had a Near Death Experience a few months previously. Ever since then, she had been feeling very isolated, with no one in her family or circle of friends interested in the life-changing experience she had undergone. After her NDE, she had longed to return to the light and it was a time when she “didn’t want to be here”. Hearing about the Gateway Outreach programs, she offered to host an Excursion workshop at her home, even though her husband had shown little interest in expanded states of consciousness. The program went so well that their home is now my favorite workshop location, and courses are hosted by them each year. Her husband, not sure just what to expect, had been impressed with the sort of people who attended the workshops, some even coming from other cities a two-hour drive away. He said the participants certainly weren’t “weirdos”! During the first Excursion program, Barbara had an experience during one tape that took her back to the joy she had experienced during the NDE, to the blissful union of cosmic consciousness. Her experience was so positive and so “real”, she found it much easier to integrate the aftermath of her NDE, helping her to balance things out between spirit and the physical. She felt that after

using Hemi-Sync she was “able to cope better in a difficult time of life” and that “my life just worked better”. The workshops had given her greater self-confidence and she was now able to speak up in groups, expressing her feelings. Interestingly, her husband who had been gently cajoled into attending the first workshop, now thinks differently about a lot of things, realizing that there’s far more to the whole experience of life. This deepening of their relationship has allowed them to share an important part of Barbara’s life that her husband had not been particularly interested in prior to the workshops. He was even now avidly devouring her books on spiritual subjects.

Hemi-Sync and Dentistry:

Almost every patient has some nervousness, fear and anxiety when visiting a dentist. Dr. Lenia Efthymiou, a dental surgeon, plays Metamusic for many of her patients while they are in her dental chair. She specializes in replacement of mercury amalgam fillings. Quite a few of her patients have serious long-term health problems, which makes her work a little more difficult. She finds Metamusic to be particularly helpful with these patients. Lenia reports that it “helps patients a lot. They feel better, more relaxed.” She says they seem to have a greater level of confidence and are not so nervous after listening to Metamusic. On subsequent visits, many ask specifically for Metamusic. Some don’t even require injections. Two of her patients actually fell asleep while she was working on them. She finds Sleeping Through the Rain the most popular music with her patients. On a personal level, Lenia reports that with Hemi-Sync she is able to work better, especially during the more stressful treatments. While pregnant, she listened to Metamusic for relaxation. She introduced Hemi-Sync to the gynaecological clinic where she gave birth. The clinic now plays Metamusic for the new-borns. Lenia’s daughter, now eight months old, likes the Metamusic a lot - whenever she hears it, she moves her hands and feet as though dancing and she seems to be a very contented baby.

HEMI-SYNC – YOGA AND STRESS

Marina Hadjidemetriou, with her husband Vladimir, runs a Healing Tao Centre in Cyprus. They are both practitioners and instructors of Healing Tao, being direct students of Mantak Chia. Every day at their center, 10 to 15 people are exposed to Hemi-Sync Metamusic during yoga, tai chi, meditation and individual treatments. Before learning about Hemi-Sync, they used music with their classes, so they are in a good position to notice the differences. Marina teaches yoga for pregnant women, and found that they were the most receptive to Hemi-Sync, introducing them to the “Opening the Way” series for pregnancy support. Cyprus is a difficult environment for any woman wishing to have a natural birth, which is a relative rarity, as many births are by Caesarian section. One mother, who used Hemi-Sync during six months of her pregnancy, had a natural birth. She was able to use the Opening the Way tape designed for use in the delivery room. She said, “I didn’t lose it and I managed to click when I needed to click”. She is very

grateful and her pregnant sister subsequently used Hemi-Sync to help her to have a natural birth too. With several other pregnant women using Opening the Way, Marina has developed a support group for them and feels that Hemi-Sync “is the glue, the common ground” to help them to connect to each other. Marina is also a Chi Nei Tsang instructor (abdomen massage to release residues of emotions). Using Surf during treatment sessions, she feels the “space in the room transformed by Hemi-Sync”, assisting both giver and receiver to move into what she calls “that golden space”. As a therapist, she feels she senses more deeply and her clients are able to “surrender and abandon” more easily during treatments. Some of her favourite Metamusic selections are Visitation, Gaia, Spirit’s Journey and Inner Journey for group meditations. One of her students says about yoga with Gaia, “It’s like coming out of a dream” at the end of a class. Marina says, “Hemi-Sync changed everything – sometimes we don’t even have to do anything”.

Judith Worsteling is a relaxation and stress counsellor and Reiki practitioner. Compared to normal relaxation music, Judith finds that with Hemi-Sync, people have an easier release of traumas and are able to sink completely in their bodies into relaxation. She’s found Gaia and Sleeping Through the Rain to be very helpful tools and notices that her clients seem to relax automatically, with an immediate response as they shift into a state of “Body Asleep, Mind Awake”. When she works with Reiki, she feels more in tune than ever. Not only has Judith had excellent results with her clients, but also she has used the Positive Immunity series to help herself in recovery after an emergency operation for an ectopic pregnancy that involved a lot of pain and emotional releases. Every day for one month following the operation, she listened to the tapes, which helped her to maintain clarity with emotional issues surfacing. Day by day she felt stronger and stronger. Her sister in Holland has a son eight years old who was very quiet and shy, with poor grades in school. Judith sent them Remembrance and he listened to it when studying. His grades went way up and he is now much more self-confident.

Anastasia Nicolaou, a British and South African-trained yoga teacher, reports that she found using Metamusic “makes a difference”, and not just for her students, but for herself as well. When teaching, she finds she has better focus, staying more centred, which helps her to provide the best training that she can. She finds that her students are noticeably more relaxed during the closing relaxation. Not being a mind-reader, she can’t remark on what’s going on inside the minds of her students, but physiologically they appear to be less tense. She can see they swallow less and their limbs are resting looser. When she plays regular music, she finds that after five to seven minutes people usually start to fidget. This never happens when she plays Metamusic. Winds over the World is a favorite, which she feels “infiltrates the room”. After class, about 80% of her students ask what music she was playing. When she uses Cloudscapes, she can feel a “lightness in the room”. She has noticed that just knowing Metamusic is being played seems somehow to help her students to relax more, as though they have more confidence in their own abilities. Anastasia has

also used Metamusic at home. She found that when she played Remembrance for her daughter, everything became very quiet, including three usually very noisy dogs!

Hemi-Sync and Cancer

Angela Komatina is the Organizing Secretary of the Paphos branch of the Cyprus Association of Cancer Patients and Friends. After having had good results for herself with Hemi-Sync, Angela set up a lending library of Hemi-Sync tapes that are made available for patients, along with a portable tape player. Metamusic has proved the most suitable choice, since most of the cancer patients are Cypriots with Greek-language mother tongue. A typical use is for a nurse to request Metamusic for terminal patients. Transformation is a popular selection: it seems to bring calm to the patients. For some English-speaking cancer patients, the pain control tape has proved to be quite effective. This tape has been so popular that patients are reluctant to return it. In another case, Angela's aunt was dying of brain cancer and was in a vegetative state. Early every morning Angela would visit her and play Baroque Gardens. The only time her aunt responded to anything was when the music was playing: she turned her head towards the music. Angela is sure the Metamusic makes a difference. When Angela's father was dying of cancer, she provided him with the Going Home series. He listened to it for about three months before he died. As her father was nearing the end, Angela requested a Dolphin Energy Club (DEC) healing. DEC is a distant healing service established by TMI in 1991 to promote emotional and physical health and wellness. The night before he died, he kept asking her to switch off the light in the room. The room was dark. There was no light on! He said it was time for him to sleep: he died peacefully the next day, which occurred during the two-week period of the DEC. On the eve of his death, he was very calm; he spoke clearly and lucidly to the family. Angela said he seemed just to "slip away"; she felt that Metamusic and Going Home had provided a "calming effect".

Hemi-Sync in the Classroom: Reported by Barbara Jones, a resident of Cyprus, a teacher with over 20 years' experience and a movement specialist who has worked with and studied learning disabilities:

"During a period of substitute teaching during a teacher maternity leave, I asked if I could use some of the Hemi-Sync music in the classroom. The head teacher agreed, so every morning before school began I played Prisms, which I find somehow clears and crystallizes the atmosphere. The air seemed to sparkle. During the settling in time whilst the children completed spelling and basic numeracy tasks, I played Baroque Gardens. On Fridays when the children had spelling and numeracy 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 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 a 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.

During one stint at the school, I had a particular child who had a serious attention problem but, new to the school, he had not been assessed. He was very disruptive in class and had serious boundary problems with personal space, etc. After trying a number of different techniques with him, I used Baroque Gardens with headphones. He was given his own workspace with particular designated boundaries and he worked on his own fairly well. When meeting him 18 months later he said, "Miss, remember when I used to listen to the music and work?" An interesting comment from him, as he has continued to struggle with focus and concentration. No formal diagnosis was ever made of the problem. 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.

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.

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. "Sometimes they try to be scary, but they just can't scare me anymore" was his final comment. He was also using Bach Flower Remedies."

CONCLUSION:

In our prevailing high-tech, high-stress world, many people are searching for easy-to-use techniques to help to relax both the body and the mind. In keeping with our modern times, it is rather appropriate that Hemi-Sync is a high-tech solution to the many problems associated with our fast-paced way of life. But unlike many products of our modern "technically advanced" society (such as nuclear bombs, Frankenstein food and dioxin, to name a few), this technology benefits millions of listeners around the world. Cyprus, geographically located at the crossroads of Europe and Asia, and with Israel less than 100 miles away, finds itself in an even more high-stress situation than most countries. As a microcosm of the planet, with a varied population mix from many different cultures, Cyprus has been a good "testing ground" for the effectiveness of Hemi-Sync, transcending the usual barriers of language and culture.

Although the sound technology of Hemi-Sync is something generally quite new to this part of the world, it has been a delightful discovery for me that many people are open and willing to give it a chance. With such a small population, word of mouth spreads rapidly, resulting in more and more people gradually being exposed to Hemi-Sync. We have seen excellent results in so many areas: stress management, teaching, dentistry, cancer, pregnancy, yoga and personal growth.

Introducing Hemi-Sync here has been both stimulating and gratifying for me personally. My goal is to help others so they can help themselves. It's about self-empowerment and this is where Hemi-Sync excels, helping people to tap into their greater potential. My experience in Cyprus with Hemi-Sync demonstrates its effectiveness as a universal tool for self-help and self-discovery.