

DEVELOPING INTUITION



A GlideWing
Collaboration

A Monroe Institute Online Program

Learn about the nature of intuition, how to understand the unique language in which it communicates with you, and how to access inner guidance and information with your intuitive skills. This course makes use of the patented audio guidance technology called Hemi-Sync® and provides instruction for applying this technology to facilitate your access to intuition.

Where does intuition reside? The Mind, Emotions, the Spirit?

Intuition is a natural and normal human function. If we recall just how often it shows up in our life experience, we can begin to see that it is always available to us. We can then use it comfortably and confidently to make our lives easier, and more productive and successful.

List at least one experience that you remember where you were using your intuition:

What is science saying about intuition?

- It may be a function of accumulated memories and information in the conscious and subconscious mind.
- It may be a result of a non-local information field effect.
- It is still a mystery being explored in neuro-science and psychology.
- A relaxed mind and calm emotions are conducive to accessing information from within.
- Alpha and Theta brainwave states are more conducive to accessing information..

Use your intuition on this (Guided Exercise in Session One)

How did you access this information? From a body sensation? A knowing? A visual or verbal cue? An emotion? Please describe:

Hemi-Sync® as a tool to relax and center the mind

Hemi-Sync® is a scientifically based and clinically proven "audio-guidance" technology that uses sound to influence brain wave activity. This patented and highly sophisticated technology is backed by over 50 years of research.

Hemi-Sync® is an audio-guidance process that works through the generation of complex, multilayered audio signals, which act together to create a resonance that is reflected in unique brain wave forms characteristic of specific states of consciousness. The result is a focused, whole-brain state known as hemispheric synchronization, or "Hemi-Sync®," where the left and right hemispheres are working together in a state of coherence. As an analogy, lasers produce focused, coherent light. Hemi-Sync® produces a focused, coherent mind, which is an optimal condition for improving human performance.

HEMI-SYNC® does two things:

1. Helps to synchronize both hemispheres of the brain.
2. Helps listeners move into beneficial brainwave states.



Incoherent brainwaves

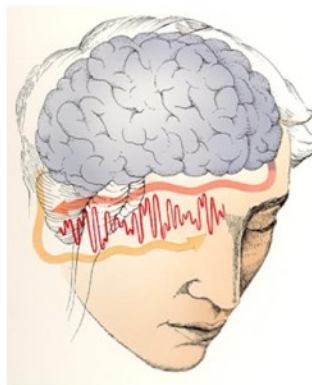


Coherent brainwaves

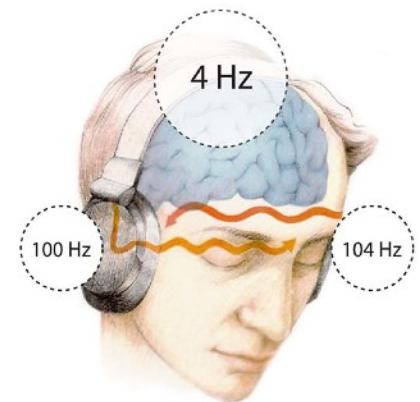
How binaural beats work



Binaural beating occurs when two coherent sounds of nearly similar frequencies are presented one to each ear.



The brain integrates the two signals, producing a sensation of binaural beating.



The difference between the two signals will be perceived as the entrainment beat. In this case, it is a 4 hz difference.

Experiencing Intuition: The Quiet Mind Meditation

In this meditation you will be gently guided to relax your body and quiet your mind. You will learn to achieve a state of centered calm. You will also learn a way to achieve that state at will, at any time in the future.

Summary of Session One

- Intuition is a normal and natural human function of our inner guidance system.
- It can be experienced in multiple ways at different times for each individual.
- It can be enhanced with focused practice.
- A quiet, centered mind is conducive to accessing our inner knowing.
- Often shows up for us when we have a real need for it.

Recommended Practice for Session One

- Make a commitment to make your intuition work better for you.
- Keep a journal of dreams, coincidences, synchronicities, or answers to questions and how and when these came to you. The more you acknowledge the information you do receive, the clearer and more confident you become in your relationship with your inner guidance.
- Take time to do a short, daily mind-calming meditation, so that you can easily access this centered calm state anytime throughout your day. The Quiet Mind exercise in Session One incorporates The Monroe Institute's SAM Technology to help you enter a state of relaxed focus, to support you in your practice. The music in this exercise was chosen to assist with attention and awareness with the meditation process. The SAM signals are harmonically mixed with the music and designed for calm relaxation. The combination of the music and the SAM signals will provide a relaxation with clarity to support the connection to and processing of intuitive information.
- A Hemi-Sync® Guided Meditation is also included in Session One, for practice using the Hemi-Sync® audio guidance technology and as an example for your own meditations. These audio files, in MP3 format, as well as the exercises in the future course sessions, can be downloaded for your ongoing practice after the course has concluded.
- Share your experiences with your fellow participants, by joining in the conversation in the discussion forum. You can also ask Patty Ray Avalon questions you may have about the practices and exercises in discussion forum throughout the two-week duration of the course. If you need technical assistance, please post in the tech support forum or you can contact GlideWing Support by email at programs@glidewing.com.
- DO NOT listen to Hemi-Sync® or SAM® exercises or meditations while driving or operating heavy equipment, or with other devices that may influence brain-wave activity.

There are so many Hemi-Sync® exercises to choose from, we are frequently asked for recommendations in selecting titles for specific applications. For the Developing Intuition course, Patty Ray Avalon has selected titles that she would recommend as optional additions to support your practice.

There will be a section reserved for these recommendations in each of the Workbooks, with titles that support the focus of each course Session.

Recommended optional Hemi-Sync® exercises with verbal guidance to further support your practice relaxing into intuitive states:

- *Deep 10 Relaxation*
- *Awakening Through Stillness from Inner States-Dawning of Awareness*
- *Total Relaxation with Hemi-Sync by Winter Robinson*
- *Wave I of the Gateway Experience Home Study Course*

Recommended optional Hemi-Sync® Metamusic® exercises without verbal guidance:

- *Cloudscapes*
- *Dreamland*
- *Gaia*
- *Waves of Love*
- *Hemi-Sync® Meditation (A free-flow exercise)*

Optional Hemi-Sync® exercises are available on CD from The Monroe Institute's web site at www.monroeinstitute.org or as digital downloads from the Hemi-Sync web site at www.hemi-sync.com.