

Emotional Intelligence Series



A journey of self discovery

Emotional intelligence describes our capacity for self-awareness and impulse control, persistence at a task, motivation, zeal, and our ability to feel empathy and be effective communicators. High emotional intelligence enables us to be resolved and comfortable within ourselves, to handle life's demands effectively and maintain a positive and productive state of mind.

The Emotional Intelligence series is precisely designed to nurture and strengthen all of these aspects that comprise our emotional intelligence.

LEVEL 2 Resolve and Release Program

To help resolve **family or workplace issues**, reframe **habits of communication** and **self-talk**. Useful for facing challenges, **handling stressful situations** or adjusting to **changing circumstances**.

Addresses: Stress, Anger, disappointment, Resentment, Hostility, Frustration, Cognitive dissonance, Impatience, Tension, Discontent.

Helps you to feel calm and in control of your situation, Provides: Resolution, Forgiveness, Freedom, Better Negotiation, Communication, Letting go, Reframing, Love and Peace.

1. Letting go
2. Re-Framing
3. Resolution
4. Peace of Mind

LEVEL 3 Inner Peace Program

Essential for enhancing your work-life balance, this program helps to achieve deep **inner calm** and peaceful **sleep**. Reduces **anxiety, worry** and **chronic stress**. Very soothing to the nervous system, this program calms the mind while also improving the depth and quality of sleep and dreams.

Addresses: Fear, Anxiety, Shame, Panic disorder, Post Traumatic Stress, Chronic Fatigue, Worry, Phobias, Insecurity, Pain, Vulnerability.

Enhances: self affirmation, faith, courage, confidence, calm mind, autonomy, self assurance and deep inner peace.

1. Wind down
2. Relax and Regenerate
3. Deep Sleep
4. Tranquility
5. Calm Confidence
6. Revive

LEVEL 4 Inspiration Program

Not yet available

Enhance your purpose and optimism. Lift your spirit with some of the most beautiful music ever written, specially processed to **expand the consciousness**, to enhance **meditation** and support your sense of **meaning and purpose** in life. The music selection and filtering method opens the heart to joy and also lends itself to enhancing **vocal performance** for those who wish to sing.

Addresses: Grief, sadness, depression, guilt and remorse.

Enhances: solace, resolution, acceptance, self esteem, fulfillment, optimism, joy, meaning, purpose, contentment, happiness, celebration and inspiration

1. Expanded Awareness
2. Lifting the Mood
3. Peace and Energy
4. Celebration

Natural Hearing Improvement Series



Hearing and listening are essential for relationships and communication in every aspect of life. To hear the ear must convey a full range of frequencies to the brain, receiving a mechanical signal in the middle ear and converting it to electro-chemical impulse in the inner ear. Listening involves several brain centres in recognising the signals and interpreting them cognitively and emotionally, in terms of our past experience. The Natural Hearing Improvement series presents progressively filtered and activated sounds to enhance all aspects of our auditory system.

LEVEL 2 Ear Brain Connections Program

For those with ear problems, this is the next step in building ear brain connections. Also helps to soothe **over sensitive hearing** and calm the nerve cells, increasing sound tolerance and appreciation, focusing the hearing and reducing the impact of **tinnitus**.

By calming and opening the ear, this program restores the most sensitive mechanisms of communication between the ear and brain.

1. Calming the ear
2. Opening the ear
3. Listening clarity
4. Visualisation to reduce stress, anxiety or tinnitus

LEVEL 3 Audio Activation Program

Take your ear stimulation to the next level to help get your ears in shape and restore their responsiveness. Helpful for enhancing high frequency perceptions and improving vestibular system function and **balance** and for stubborn **hearing loss** or **tinnitus** following industrial noise exposure.

When the ear has been damaged so sound impulses are not reaching the brain correctly, this sensory deprivation can lead to further degradation of our experience of hearing. The Audio Activation program provides gradually increasing stimulation to build and re-activate both the ear itself and the audio-neural connections.

1. Activate the Ear
2. Ear Brain Tango
2. Earobics
4. Audio Neural Activator

LEVEL 4 Full Spectrum Listening Pleasure Program

Full Spectrum is a technique invented by Patricia Joudry to enrich the pleasure and stimulation achieved through Sound Therapy. It enhances enjoyment by including the full range of the tonal spectrum, while also blended with very highly filtered sounds which are almost inaudible.

For the advanced listener, this program introduces completely new elements which improve our overall ability to communicate. The recording techniques used have a unique ability to involve different brain centres in the listening process, stimulating interest and **engagement** patterns to further enhance **attention** and **listening ability**.

For those wishing to enhance their **listening pleasure** and **musical appreciation**. The program also includes nature sounds to create a sense of peace in one's environment.

1. Full Spectrum Awareness
2. Full Spectrum in Nature
3. Opening to Full Spectrum
4. Nature's Energy