

You wouldn't go to the gym and just train your arms or chest everyday, would you? I certainly hope not! While you may not notice the imbalances at first, they would become VERY apparent just going through your day after training this way for long enough. Whether you blow out your back, tear a rotator cuff, or pull a hamstring, you're going to be stuck with something that resulted DIRECTLY from that lack of balance arising from an unbalanced training program.

Now shift perspectives. Imagine that every muscle group is a range of brainwave frequencies. These "muscles" or states of consciousness are working ALL the time. What happens when you need to call on one of them more than the others, but you haven't been training it? You can't function properly right when you need it, except this time, you might have a nervous breakdown during an exam or interview, blow up at your spouse, or become distracted when driving for a moment too long.

Bio-Tuning is a GYM for your brain. However, we're not just training up the muscles of the mind, we're making sure you're ready for the workouts that follow by putting you in a state of ZERO stress. That's right! Your fingerprints aren't the only unique part of you. EVERY person has a distinct frequency that brings them to a state of overall balance. Bio-Tuning finds that frequency and keeps you there so that you can train safely, effectively, and successfully.

While sound has been used by many cultures for millennia, Bio-Tuning gives it a HUGE upgrade, utilizing specific frequency ranges and heart-rate variability so that the activity of your autonomic nervous system can be observed DIRECTLY at any given moment! We can literally see what the central command system of your body is up to as a response to sound and vibration. The information is incredibly valuable, because we can utilize it to find out how we can go about your "training" to optimize your lifestyle in EVERY possible way!

When you're finished each of your sessions, you will receive a recording of the very track that brought you to zero stress and trained up the "muscle" or brainwave state you were working on. Then you "train" by listening to it everyday and watch the benefits roll in! Once we've sufficiently trained up a particular state of consciousness, we bring you back and keep going. Throughout this process as we work through sleep, emotions, self-defeating belief systems, and more, you can directly observe your body healing itself. Once you've completed your training, you'll ALWAYS have those programs to listen to and maintain at.

This is ONLY the basic healing component of Bio-Tuning, after which, unlimited potential awaits to make you "superhuman" by enhancing IQ, focus, memory, learning, meditation, and the full expression of what makes you, YOU!