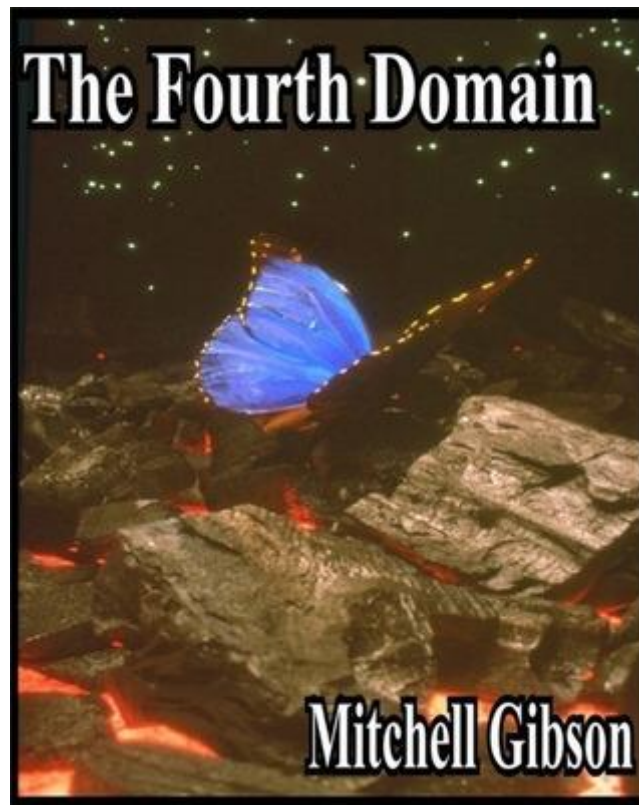


## The Fourth Domain Exercise Part One



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The Fourth Domain Meditation Part One Benefits: improves your ability to reach the theta state, improves concentration, relaxes the body and mind, improves your receptivity to Divine Awareness, introduces the listener to The Divine World Prayer This series of meditation exercises is based on the research of two leading mental health professionals who have merged the medical understanding of brain functioning during the altered states of meditation with ancient prayers of empowerment. The first exercise is a dynamic meditation exercise, which enables you to make the spiritual space necessary to achieve Divine Awareness. On this journey, you will learn to relax the body and mind to prepare your receptivity for Divine Awareness. Drs. Barksdale and Gibson have discovered the unique spacing and timing of sounds to allow you to consistently maintain the convergence and balance of your physical, mental and spiritual domains. This balanced convergence is the 4th Domain. The ancient prayers of the Kabbalistic and Shinto Metaphysical Traditions are employed to further open you to Divine awareness. The second exercise is a free form use of our 4th Domain meditation platform--the sound and tones to allow you the freedom to dynamically meditate on your own, or just relax as your body, mind and spirit converge in the

4th Domain. We have a collective experience that spans over 30 years of practical experience in metaphysical studies. Our work together is focused on integrating the strengths of modern medical knowledge of brain functioning, psychology, and spiritual sciences to reunite mind body and spirit for successful living. Whatever your personal understanding of the Divine, this series of exercises will assist your quest in accessing Divine guidance in answering your questions in life. A unique combination of beautiful ocean sounds, soothing melodies, and computer controlled alternating tones quickly lulls the listener into a profound state of peace and relaxation. This is the first CD in a series of one-of-a-kind spiritual relaxation products that are designed to help you connect with your deepest inner awareness of the divine. Dr. Mitchell E. Gibson is a graduate of the UNC-Chapel Hill School of Medicine and he is now Clinical Professor of Medicine at Midwestern University Medical School. Dr. Vernon Barksdale is a graduate of the Johns Hopkins School of Medicine and he is a Senior Medical Director of CIGNA. Instructions for use: The Fourth Domain is best listened to while using headphones. The EMDR effect embedded within the CD creates an experience called Accelerated Spiritual Processing. Listen to the CD all the way through while you sit in a relaxed state. Concentrate on clearing your mind. Focus on something that you want to receive more insight and clarity into. Remember, practice makes perfect. Use the CD several times in order to give your brain a chance to acclimate to the effect. You may use the CD as often as you wish. Give yourself some time to relax after you finish the CD. Do not use this CD while driving or using potentially equipment. Allow at least one hour after the completion of using this CD for rest and relaxation.

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