

The Harmonizer

Your One-Step Meditation Tool

share
the
LOVE 

Our gift to you on our
Anniversary Celebration

Katie & Gay Hendricks

www.HeartsInTrueHarmony.com

THE HARMONIZER BONUS

HEARTS IN HARMONY

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For more information about Katie & Gay Hendricks:

www.HeartsInTrueHarmony.com

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Welcome to your Harmonizer bonus!

We specifically chose this as our gift to you during our month-long anniversary celebration, and for a very special reason.

One of the most powerful tools we've used throughout our 33-year marriage is to meditate together.

We credit meditation to helping us feel more in tune with ourselves and more connected with each other. This simple yet life-changing practice has the power to increase harmony, closeness, and creativity - three critical aspects of feeling deeply fulfilled.

[Download your Harmonizer Soundtrack here](#)

One-Step Meditation With The Harmonizer

If you're single, meditation will help you achieve the self love that is vital for finding and forming a lasting, romantic relationship.

And if you're in a relationship, meditating (preferably together), will be yet another way that you and your partner can love each other.

We strongly believe that a commitment to side-by-side meditation prevents many of the problems couples typically experience - such as short tempers, recycling arguments, and troublesome arguments that get on each other's nerves.

Along with a better relationship with yourself and your partner, research has shown that meditation may help the management of conditions such as high blood pressure, depression, stress, and sleep problems. All of which free up more time and energy for better relationships!

Although meditation can and should be very simple, people often don't know where to start - or how to stick to it.

The Harmonizer is like a meditation done for you.

It's a special 15-minute soundtrack designed to get you in a meditative state, along with all the benefits meditation provides. And it's a great way to see that love can be easy and fun - it doesn't have to be all work!

How the Harmonizer Works

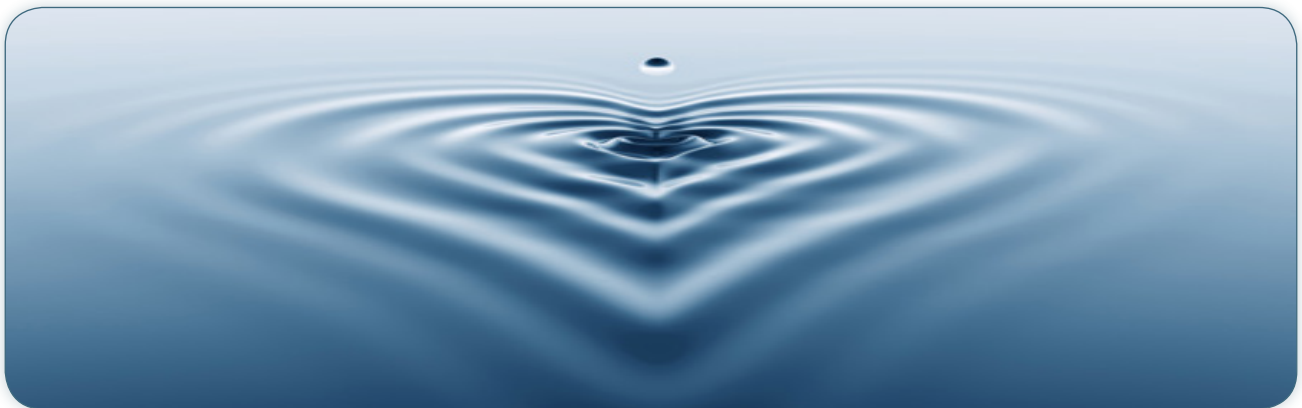
If you've ever tried to sit down and meditate, you know that intrusive thoughts will pop up almost as soon as you close your eyes!

Before you know it, you're swimming in a soup of thoughts, along with the restless feelings that go with them.

The special tones and frequencies in The Harmonizer help to quiet these "surface" thoughts and give you access to the deeper feelings of peace and calm within you.

As you listen and tune in to your core self, you achieve inner harmony. The "soup" has become an ocean of serenity, and you are floating in it.

Whether you do it by yourself or with a partner, you will likely experience positive results right away. All you have to do is set aside 15 minutes and give it a try.



How To Use The Harmonizer

The Harmonizer is designed to be used in a quiet space where you set aside fifteen uninterrupted minutes and definitely **not** when you are driving or operating heavy equipment.

It's especially useful to give you a break from going and doing, a space where you can easily feel the openness inside and the essence connection with you and between you and your partner. It's like a refreshing shower for your body and mind.

We recommend sitting comfortably to enjoy The Harmonizer for the first several times. People find The Harmonizer so relaxing that lying down often leads to sleep, not a bad outcome at all, but one that can deprive you of the delicious felt experience of releasing stress and opening to the body sensations of harmony.



Whether you're experiencing the harmonizer solo or with a partner or friend, we recommend over-the-ears headphones to receive the maximum positive experience free of any external auditory distractions. If you're an earbud fan, those work as well (and are easier to carry with you.)



We highly recommend that partners listen to The Harmonizer together, which can easily be done with a **splitter**, a handy device available at electronic stores.

Listening together puts emotional intimacy in your bank account. You don't have to wait for an issue to surface to enjoy connecting in this way.

Our clients and seminar participants have told us that using The Harmonizer has deepened their enjoyment of each other and often completely erased any tension building up in the relationship.

Getting Your Partner In On The Act



Often, one person in the relationship is more excited about trying The Harmonizer.

If this is you, here are some tips to help your partner get into it:

1. Ask him or her just to try it once with you, as if this was a new food they've never tried before. A non-threatening invitation like this, along with a "just for 15 minutes," could very well open the doorway for you both.
2. Make it a date night. If you and your partner regularly carve out time for each other (always a good idea), away from kids, work, and chores, then try The Harmonizer during one of those moments.
3. Make it a challenge. Men, especially, can be more readily coaxed into something if they can measure the outcome. Ask your partner if he'll try The Harmonizer before going to bed and then check in with each other the next morning to rate the quality of sleep. Or have him check his blood pressure right after you turn off the track!

Sharing Even More Love

Like with any exercise or diet plan, The Harmonizer isn't a quick fix. It works best when you make it a part of your lifestyle.

We suggest you listen to The Harmonizer two or three times a week for a month so that it becomes a habit. The more you listen, the more harmony you feel, and the more love you can share.

Here's to harmony!

Warmly,

A handwritten signature in black ink that reads "Katie and Gay Hedrick". The script is fluid and cursive, with the first names "Katie" and "Gay" being more prominent than the last name "Hedrick".

Katie and Gay

About The Authors



Gay Hendricks, Ph.D., has been a leader in the fields of relationship transformation and bodymind therapies for over 45 years. After earning his Ph.D. in counseling psychology from Stanford, Gay served as professor of Counseling Psychology at the University of Colorado for 21 years. He has written and co-authored (with Katie) 35 books, including the bestseller *Conscious Loving*, used as a primary text in universities around the world. In 2003, Gay co-founded The Spiritual Cinema Circle, which distributes inspirational movies and conscious entertainment to subscribers in 70+ countries.

Gay has offered seminars worldwide and appeared on more than 500 radio and television shows, including OPRAH, CNN, CNBC, 48 HOURS and others.

Kathlyn Hendricks, Ph.D., BC-DMT, is an artist of life who creates transformational theater events around the world. Passionate about the power of embodied integrity and emergence, she continuously promotes creative expression in service of a direct experience of life, wholeness and evolutionary collaboration. She has been a pioneer in the field of body-mind integration for over forty years. Katie has an international reputation as a seminar leader, training professionals from many fields in the core skills of conscious living through the lens of body intelligence.

She has flown over 1 million miles consulting and teaching in a wide array of corporations and universities. Her explorations about the catalytic, transformational power of the creative arts have been featured in many magazines, journals and books.

Katie earned a Ph.D. in Transpersonal Psychology and has been a Board Certified-Dance/Movement Therapist of the American Dance Therapy Association since 1975.



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