

The Gamma Fork

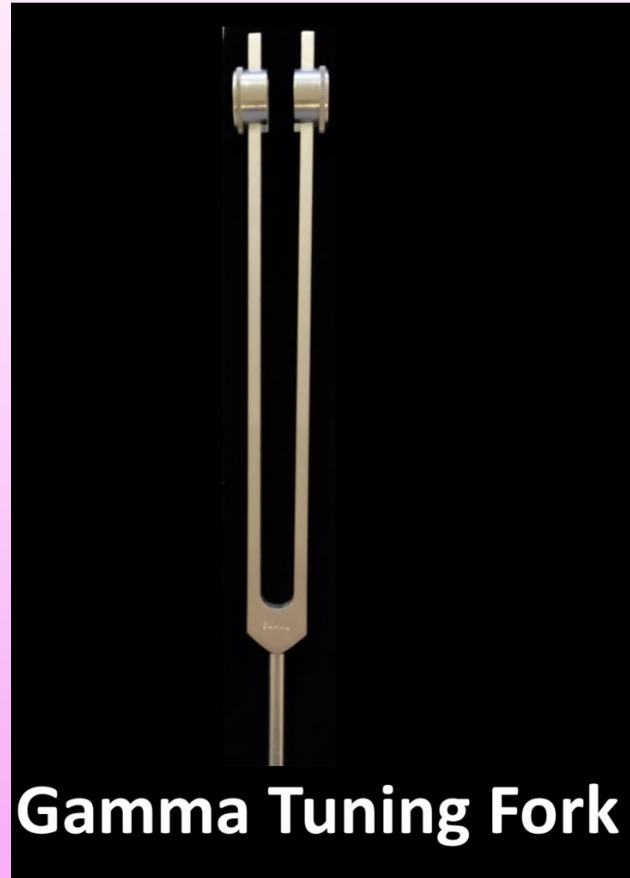
Researchers are just beginning to understand Gamma brainwaves. They are seen throughout the entire brain.

Intended for:

- Conscious awareness
- Alertness
- Focused visualization
- Increased attention
- Heightened learning
- Easier study
- Greater memory
- Peak performance
- Greater levels of internal happiness and compassion

Meditation and adequate sleep elevate Gamma brainwaves. People with learning disorders, mental deficiencies, schizophrenia and other psychiatric and neurological diseases are often lacking gamma brainwave activity or have disrupted Gamma waves.

\$40



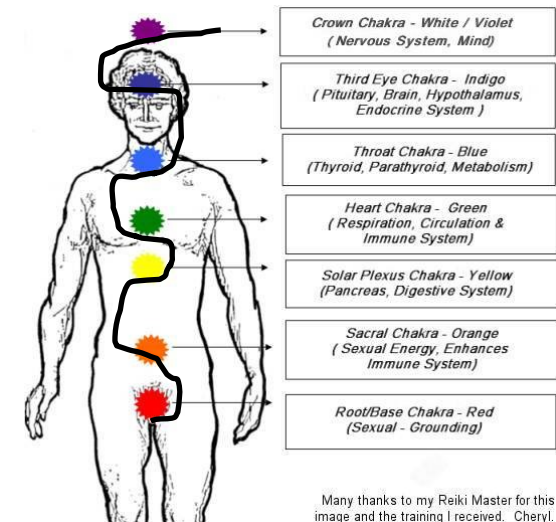
The Gamma Fork

Sound/Meditation

Tap the flat end of the circular weights on the palm of your hand. Bring the fork to within 3-6 inches of your ear. The hole in the weights should be parallel to your ear (facing). Let the vibration play out and repeat the process on the other ear. This can be done as many times as desired.

Energy Centers/Chakras

Activate the fork and weave through the energy centers starting with the Root until you reach the crown. This should be done about 2-3 inches off of the body. Chakras are on both the front and back side.



Physical

Activate the fork on the palm of your hand and place the stem of the fork on an area of the body. This can be used for any reason as listed on the front or an area where there is pain. You can also place them on the chakra itself.