

What is the Tuning Effect?

The Tuning Effect™ is a [self-help program](#) that

- teaches the brain how to separate itself from emotionally charged issues by
- focusing attention on physical sensations in the body.

It is neither a deflection, nor a distraction, from the important issues in emotionally charged situations.

The Tuning Effect™ produces a profound feeling of stillness and stability in the body and mind when our



Once learned, and recognized, like balancing on a bicycle, the effect becomes repeatable.

Like any meditation method, the Tuning practice is a physical exercise for the brain.

By slowing down our brain wave activity a calming effect happens. This feeling is the first phase of the s

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By learning how to do two forms of attention at the same time, in a state of calmness, an overall feeling

[For statistical results please click here.](#)