

MIND CHATTER

ISSUE #159 APRIL 2006

HOW TO GET WHAT YOU DON'T WANT

BY BILL HARRIS

ALSO:

THIS MONTH'S
MINDQUOTES

GLOWING
TESTIMONIAL
OF THE MONTH

ONLINE COURSE:
LIFE PRINCIPLES

IMPORTANT
ANNOUNCEMENTS

BOOK REVIEW HOW TO THINK LIKE LEONARDO DA VINCI

BY MICHAEL J. GELB
REVIEW BY MARC GILSON





MIND CHATTER

APRIL 2006

Welcome to Issue #159 (April 2006) of MIND CHATTER
Mind Chatter is published once a month, on or about the 16th of each month.
Please send Mind Chatter to a friend, and please send us
your questions, comments, and suggestions.

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MIND CHATTER contains articles about:

How you create your life—and how you
can stop unconsciously creating
experiences and outcomes you do not
want, and instead begin to create
exactly what you do want

Personal and spiritual growth in general

Meditation (high—and low-tech)

Recovery from emotional trauma

Pretty much any other subject I get
excited about and want to write about.
After all, it's my company and my
newsletter, and I can do whatever
I want with it. So there.

MINDQUOTES



He that is good for making excuses is seldom good for anything else.

- Benjamin Franklin

The mind is a lousy master but a wonderful servant.

- unknown

Life is the only real counselor; wisdom unfiltered through personal experience does not become a part of the moral tissue.

- Edith Wharton

Maturity includes the recognition that no one is going to see anything in us that we don't see in ourselves. Stop waiting for a producer. Produce yourself.

- Marianne Williamson

Recommendations that may benefit you

» BY BILL HARRIS

Live long and prosper!

Unless you've been living in a cave lately, you must have seen some of the recent news about the health benefits of meditation.

IT'S EVERYWHERE...

An article published in the American Heart Association journal, *Stroke*, recently reported that meditation can reduce cholesterol buildup and the associated risk of heart attack and stroke.

And another study found that meditation reduces the death rate among the elderly.

The National Institutes of Health reports that regular meditation reduces chronic pain, anxiety, high blood pressure, cholesterol, and cortisol (sometimes called the "stress hormone") production.

A University of Wisconsin-Madison study discovered meditation boosts brain function and the immune system.

A recent issue of the American Journal of Hypertension featured the results of a study showing a significant lowering of blood pressure in a group of meditators compared to a control group of people who didn't meditate. The study also reported a 23% decrease in usage of antihypertensive drugs between the group of meditators and the other group.

A Harvard study also concluded that regular meditation can reduce pain, lower blood pressure, and cut production of the stress hormone, cortisol.

The most recent study by The American Heart Association shows heart and artery health improved 69 percent in test groups practicing meditation.

AND THIS IS JUST THE BEGINNING.

Practically every time you turn around there's another study documenting and supporting fantastic health and wellness benefits of meditation.

So, what's the quickest way to actually achieve these amazing benefits?

If there's a downside to meditation it's this... Traditional meditation can take years, even decades to master.

THE HOLOSYNC™ SOLUTION CHANGES ALL THAT.

Holosync uses advanced scientific technology to induce deep states of meditation virtually at the push of a button.

Most regular users of Holosync report fabulous results in weeks rather than years.

Try Holosync for yourself—for FREE!

Visit <http://www.centerpointe.com/> to get a FREE Holosync demo CD so you can see for yourself how this powerful technology can improve your life.

Here's an even better idea. Go ahead and order *Awakening Prologue* (the first level of The Holosync Solution) and get started with the real thing.

With our One-Year 100% Iron-Clad Guarantee, you can do so with no risk whatsoever.

Use Holosync for up to a full year and enjoy all the powerful and lasting benefits this kind of meditation brings you. And if you decide that Holosync isn't everything we promise, simply let us know and you can return it for a full refund. It's just that simple.

If you have any interest at all in increased health and vigor, increased longevity, lower blood pressure, peace of mind, and all the other great benefits of meditation, at least give Holosync a try.

Remember you can get a FREE demo CD by going to <http://www.centerpointe.com/>

And to learn all about the science behind Holosync, check out our extensive articles section here:

<http://www.centerpointe.com/about/articles.php>

Recommendations **that may benefit you**

» BY BILL HARRIS

“Moment by moment, you create exactly how you feel, what happens to you, and what you attract into your life...”

“Unfortunately, you’re probably doing all of this on autopilot...”

I want to show you how to create the exact life you want—inside and out! Here’s how to experience a FREE preview...

I **KNOW THAT MANY PEOPLE MAY HAVE** promised that they can teach you how to create the life you want. I promise you that I really can—and have for thousands of people.

I’VE ALSO ARRANGED FOR YOU TO BE ABLE TO EXPERIENCE A SAMPLE OF HOW I DO IT, FREE.

So, here’s a very special opportunity for you...something that can totally turn your life around. And, it could be worth a considerable amount of money to you, as well.

JUST FOR A MOMENT, IMAGINE:

WHAT IF you could be IN CHARGE of what happens to you—including your feelings and emotions and other internal states, as well as your external results?...

Wouldn’t that be a lot better than waiting for life to “just happen,” where you sometimes get what you want, and sometimes you get what you don’t want?

ARE YOU WILLING TO LEARN EXACTLY HOW YOU CAN DO THIS?

For the last year and a half, I’ve been teaching three 12-lesson online courses called the *Life Principles Integration Process*, or LPIP, that teach you all of this, and more. I’ve

received thousands of emails and letters from the people in these courses telling me how what they’ve learned has transformed their lives, even saved their lives.

So more people could afford the LPIP courses, and as an introductory offer, I’m offering them for an incredibly low \$249 per course.

AND, IF YOU SIGN UP FOR ALL THREE, I’LL GIVE YOU THE THIRD COURSE FOR FREE.

This actually made each course \$166 each, about \$13.83 per lesson. If I taught the LPIP material in seminar form, it would probably take at least ten long intense days to teach each course. And with all the personal follow-up I include, I’d have to charge several thousand dollars per course for you to attend.

AND EVEN AT THAT LOFTY PRICE, IT WOULD BE WORTH IT, I PROMISE YOU.

Not only that, there is an iron-clad money back guarantee on these courses. Take the course and do the homework, and if you don’t think this is the most transformational experience you’ve ever had, I’ll immediately refund your entire tuition.

In other words, you have nothing to lose but whatever ways you have been automatically creating what you don’t

Create the Exact Life you want **continued...**

want in life.

I will warn you, though. These LPIP courses are not your typical pablum-filled feel-good seminars where you feel high at the end but realize three weeks later that little if anything really changed.

If you take these three courses, EVERYTHING will change—and, for the better.

Your life will be transformed. You will have all the tools you need to be in direct control of your life—your feelings, your internal state, your external results, your behavior.

And, you will gain a huge insight into who you really are, why you're here, and what life is all about.

Plus you'll learn, step-by-step, the exact strategies, internal and external, used by the most successful people in the world to get anything they want. And, I'll show you how to make sure you use them and make them work for you.

And, as I said, if you don't get what you want from these courses, for any reason, you can get a refund. I'm taking all the risk, other than your time investment in actually doing the lessons.

If you're not serious about changing your life, if you aren't willing to do what it takes to operate at the highest level and really be happy, peaceful, and successful ALL THE TIME, this isn't for you.

But if you're serious, if you're sincere, these three courses will utterly and completely change your life.

Here's a huge and very unique benefit you'll get from these LPIP online courses:

In addition to everything else, all LPIP course participants get unlimited email access to me for any questions they have about course content. I answer every one of these emails personally—no staff members are involved—and some of my answers, when necessary, are sometimes three, five, even seven pages long.

I put everything into this course, because I really, sincerely want you to get everything I'm promising.

You though, have a part in the success of these courses—in fact, a big part. I don't wave a magic wand over you and change you into a happy, peaceful, successful person in complete control of his or her life.

**I JUST TELL YOU HOW TO DO IT,
AND GIVE YOU AN EASY WAY TO MAKE THE
CHANGE.**

Because I have such a huge personal time investment in answering all your questions, I want to make one thing very clear, though. Please DO NOT take these courses unless you're willing to do your part. I do not have the time to waste on those who aren't sincere and aren't willing to pay the price to create the internal changes they want.

But if you ARE sincere, and you really do want to change your life, I want to show you how to do it, and I will take you, step by step, through everything you need to know.

You CAN create an entirely new life for yourself, regardless of your past or present circumstances.

You can read more about each course and what it

includes, and even listen to a free preview lesson, just by visiting <http://www.centerpointe.com/life/preview>.

So please, go listen to the free preview lesson, and if you really are ready to change your life, enroll in this amazing courses risk-free.

I look forward to having you in these courses and showing you that the possibilities for what your life can be really are limitless... regardless of your present or past circumstances.

Just visit <http://www.centerpointe.com/life/preview> to listen to the free preview lesson and to take advantage of the old low price before we're forced to raise it on June 1st.

Be well,



Bill Harris, Director.

You can read more about each course and what it includes, and even listen to a free preview lesson, just by visiting the URL below:

<http://www.centerpointe.com/life/preview>

Recommendations that may benefit you

It's impressive to see your brainwaves, but when you learn to make them dance...

I RECENTLY EXPERIENCED SOMETHING SO incredible—something that affected me in such an amazing way—that I just had to tell you about it. If you're at all serious about your emotional and spiritual growth, this is going to absolutely blow your mind!

HERE'S WHAT IT'S ALL ABOUT:

I recently had the good fortune to meet an amazing man. Dr. James Hardt is probably the world's greatest expert on human brain waves, their connection to various beneficial states (especially all kinds of spiritual states), and—this is the best part!—how, using a very sophisticated form of brain wave biofeedback tested over 30 years, you can learn to create states of happiness, joy, feelings of connection and love, and many other beneficial mental, emotional, and spiritual states, at will.

A couple of months ago, I traveled to San Jose, California to attend one of Dr. Hardt's alpha brain wave trainings. The purpose of the training is to use feedback from your own brain to learn how to intentionally make lots and lots of alpha waves, associated with...

...MEDITATION, CREATIVITY, EMOTIONAL HEALING, INCREDIBLE JOYFULNESS, AND A LOT MORE!

The first morning, electrodes were gently attached to certain key locations on my head. I entered a sound-proof booth and sank into a comfortable chair. Speakers on either side of my head played back special tones, one for each electrode location. These tones, and the music they created, came from alpha waves...

...CREATED BY MY OWN BRAIN!

When I made more alpha waves, the tones became louder. When I created less alpha, the tones became quieter. Over the seven days of the training, this feedback allowed

me to create more and more alpha waves, and as I did so...

...I BEGAN TO FEEL MORE AND MORE JOY... MORE INNER PEACE...AND MORE AND MORE CONNECTION TO THE UNIVERSE!

It was amazing. All the training participants had profound meditative and spiritual experiences, which Dr. Hardt helped us understand. Emotional and spiritual issues needing resolution came to the surface, and Dr. Hardt showed us how to resolve them (which is much easier when you're making a lot of alpha waves). As issues were resolved, we were able to make more and more alpha, and our experience of joy and connection...

...INCREASED AND INCREASED AND INCREASED!

By the end of the week, everyone was transformed (more about that below).

Dr. Hardt, over 30 years, has trained Zen masters (who told him his training was better than Zen because, unlike with a Zen master, your brain can give you feedback every second!) and other advanced spiritual seekers. He's also trained high-level Special Forces troops...business and artistic geniuses...and people like you and me who are interested in rapid spiritual and emotional growth.

Dr. Hardt has published his findings in peer-review journals and is considered to be the world's most respected authority on brain wave biofeedback training. As you know, I already know a lot about brain waves and spiritual states, but Dr. Hardt had a lot to teach even me!

HERE'S SOMETHING THAT I FOUND TO BE PARTICULARLY AMAZING:

The Alpha I brain wave training I attended teaches you how to make the same brain waves made by those who have practiced Zen meditation (or something comparable)

Brainwaves continued...

for 21 to 40 years or more—but it does so in just seven days!

Dr. Hardt's brainwave training is a huge shortcut!

**SOUNDS GOOD,
BUT DO THE CHANGES LAST, YOU ASK?**

Yes, they do. Studies show that those who have taken this training are making even more alpha waves a year later! Just as with Holosync, this training creates a momentum for growth that continues long after you stop.

The trainings are small, with lots of personal attention—a maximum of 5 students per training. Two people in my training arrived depressed and confused about their lives, and with a significant amount of emotional baggage (in one case, quite severe emotional baggage).

At the end of seven days, though, these two looked and behaved like the long-time Holosync users I see at Centerpointe retreats. They were happy, bubbly, focused, joyful, and radiant. They smiled. Their posture was more confident and their attitude upbeat. They looked you in the eye when they talked to you, whereas before the training...

...THEY COULD NOT DO SO.

I've kept in touch with both of these people, and the positive changes they experienced have definitely lasted—even accelerated—in the couple of months since the training.

Would you like to know what happened for me? I thought you would! When I arrived at the training, I was coming out of a period where I had been working 16-hour-days (working on the lessons for my three online courses) for over a year and a half. I was, quite frankly, pretty wiped out. I handle stress very well, but even so, I was pretty worn down.

I left the training renewed and uplifted, and with even more awareness about how I create certain parts of my life. As you may know, I already have a very high awareness of these things, but this training accentuated that awareness—a lot.

IN A WORD, IT WAS REMARKABLE.

But something even more amazing happened for me at the training. Check this out:

On Day 5 of the training, I began making huge amounts of a very unique type of brain waves Dr. Hardt identified as those signifying...

**...HUGE AMOUNTS OF
KUNDALINI ENERGY!**

You may know that in traditional yoga and meditation schools, kundalini is the spiritual energy lying dormant (in most people) at the base of the spine, and a “kundalini awakening” is an incredible spiritual event. When awakened by spiritual practices such as meditation, this energy travels up the spine, moving through and awakening each of the chakras—awakening various spiritual energies and abilities.

Based on Dr. Hardt's 30 years of research, it turns out that kundalini energy has a very specific brain wave signature! And, on Day 5, I began to make LOTS of it! (I was supposed to be making alpha waves, but who cares!)

As I experienced the brain waves of kundalini, I also experienced incredible bliss!

Dr. Hardt also told me that the small number of people he has studied who were able to create such kundalini brain waves all seem to have the ability...

**...TO MANIFEST ANYTHING
THEY WANT IN LIFE!**

If you'd like to see what the brain waves of kundalini energy looks like, click here to view a portion of my EEG record from Day 5:

<http://www.centerpointe.com/kundalini>

**ALL SPIRITUAL STATES HAVE
BRAIN WAVE SIGNATURES!**

In fact, Dr. Hardt has identified the brain wave signatures corresponding to many spiritual states and stages of increasingly advanced meditation, including states of egolessness, out

VISIT
www.biocybernaut.com
for more information.

Brainwaves continued...

of body experiences, profound visionary experiences, and even the brain wave signature of the ability to make halos!

But that's not all! It's what Dr. Hardt has done with these "spiritual brain wave signatures" that really has me excited!

HERE'S WHAT HE DID:

Once Dr. Hardt observed certain high spiritual states in the brain waves of Zen masters and other advanced meditators, he was then able to design specific biofeedback training programs to teach others how to create these same states—often in as little as seven days! (It often takes several decades to learn to experience these high states!)

Once you complete the Alpha I training I attended, you can take Dr. Hardt's Alpha II training. In this more advanced training you gain the ability to exercise even more control over which part of the brain is generating alpha (yes, it makes a difference), while also further increasing your ability to create more.

After Alpha II, you can take Dr. Hardt's Theta I training where you learn to make what he calls mystical theta (very different from sleep theta).

I'm told that in the Theta training trainees experience some very profound spiritual states. Then, you can take the more advanced Theta II training.

There are also Delta brain wave trainings (this is where you get into learning how to make the kundalini brain waves I was making) and Dr. Hardt even has trainings where...

...YOU AND A PARTNER LEARN TO MAKE BRAIN WAVES TOGETHER (WHAT DR. HARDT CALLS SHARED FEEDBACK!)

As you can probably tell, I'm very excited about all of this. In fact, along with Holosync, I consider Dr. Hardt's work to be perhaps the most ground-breaking work in spiritual growth on this planet.

HERE'S WHY BIOFEEDBACK IS SO POWERFUL:

From the time you were an infant, everything you've learned has involved your ability to receive feedback about your progress. When you first learned to walk, or pick up an object with your hand, you could see and feel what was going on. This feedback allowed you to refine your technique until you could do the task perfectly.

Can you guess which part of you does NOT receive feedback about how it is doing?

That's right. It's your brain wave activity. But what if you could receive feedback about your brain wave activity? What if you could receive direct feedback telling you when you were making the beginnings of high spiritual states, happiness, joy, heightened creativity—or any other state? With that feedback, you could also quickly master these abilities, too.

And that's exactly what happens in these trainings.

In fact, Dr. Hardt is fond of saying, "The introduction of feedback to any system will elevate that system to a higher level of functioning."

DO YOU SEE HOW EXCITING THIS IS?

Dr. Hardt has spent the last 30 years creating the most sophisticated technological methods for giving the brain direct and accurate feedback about its electrical activity. Since that electrical activity is directly related to your happiness, the amount of joy you experience, and the level of spiritual connection you feel in any given moment...

...DR. HARDT'S TRAININGS WILL DRAMATICALLY ACCELERATE YOUR ABILITY TO CREATE ALL OF THESE THINGS, AND A LOT MORE!

And, in my opinion, when used in conjunction with Holosync, these trainings are even more powerful!

If you aren't super-excited about this by now, you probably just don't care that much about your spiritual growth. But if you are excited—as I certainly am—you'll want to check out Dr. Hardt's website and then give him a call to find out when his next training will be.

When you visit his website (www.biocybernaut.com) be sure to read his description of his own first experience with biofeedback, where he had an incredibly profound spiritual experience. This description is called "A Tale of Self-Discovery", you can find it through the Site Map link on his site—and, I guarantee you...

...IT WILL BLOW YOUR MIND.

There is one drawback to these trainings (other than having to deal with the fact that your life will change dramatically in just seven days). First, because the trainings involve incredibly expensive and proprietary computer and equipment systems developed by Dr. Hardt and his

Brainwaves continued...

colleagues over 30 years of research, and because Dr. Hardt can train only five people at one time, the costs of delivering these trainings are unfortunately fairly high.

On the other hand, what price can you place on the ability to learn, in just seven days, how to make the same brain waves as a Zen master—and to deeply feel the happiness and joy I believe are your birthright as a human being?

Not to worry, though, because I figured out a way for you to save 20% on your tuition.

HERE'S HOW:

Dr. Hardt would pay me a 20% affiliate fee for each person who takes his Alpha I training because of my recommendation. However, to help you take advantage of this incredible training and everything it will do for your happiness and your spiritual growth, I'm going to give you the 20% fee if you take Dr. Hardt's Alpha I training during July, August, or September of this year. That means you get 20% off the regular tuition.

Please, right now, visit Dr. Hardt's website (www.biocybernaut.com). There's a ton of fascinating information about biofeedback, brain waves and how they relate to spiritual states, and a lot more. After you educate yourself, give Dr. Hardt a call (use the Training Center phone number listed in the "Contact" section) with any questions and to find out about training dates (the phone number is on his website).

When you call, be sure to tell him you are from Centerpointe and that I sent you, as this will save you a significant amount of money. (I want to be clear that I'm taking no money for recommending this—I'm doing it solely because I strongly believe in it.)

HERE'S ANOTHER WAY TO MAKE IT FINANCIALLY EASIER TO PARTICIPATE:

Dr. Hardt has arranged a special program with Wells Fargo Bank, specifically created for those who attend his trainings. This program will allow you to finance the entire amount of the training at very reasonable terms. You can ask Dr. Hardt about this program when you speak to him.

Or, try the 2-Day Sample...

Finally, if you're not sure about the 7-day training, and want a "taste" before you decide, there is also a 2-day

"sample" you can take at a much-reduced cost. And, at the conclusion of these two days, you can opt to continue with the full training if you want to and apply the entire 2-day fee to the full training.

Even if you're unsure, please visit www.biocybernaut.com. At the very least, I want you to have the education you'll get from this website. When you get there, I suggest that you read the whole site (though there's a lot to read). I did.

At least be sure to read "A Tale of Self-Discovery", Dr. Hardt's description of his first experience with brain wave biofeedback. Then, call Dr. Hardt (again, use the Training Center phone number listed in the "Contact" section of the website) with any questions. Be sure to tell him you heard about this from Bill Harris and Centerpointe.

If you're at all interested, please move quickly, though. Because the trainings are small, and because many spots in upcoming trainings are already taken—and because I'm telling a LOT of people about this—act now before the trainings are booked up beyond the three months during which you can receive the 20% discount.

And finally, after you take the training, please write to Centerpointe and tell us about your experience at the training!

So, go visit www.biocybernaut.com right now, while you're thinking about it!

Be well.



Bill Harris

PS: Don't forget, I believe in this so much I've arranged to give you a 20% scholarship if you decide to take Dr. Hardt's Alpha I training during July, August, or September of this year. Don't wait. Go check out www.biocybernaut.com right now, and when you call be sure to tell him that you heard about it from me, so you can get your scholarship.

HOW TO GET WHAT YOU DON'T WANT

BY BILL HARRIS, DIRECTOR

I've often said that that which you focus your mind on is THE KEY to what you create in life. What you focus on determines the internal states you experience—how you feel, moment by moment—and it also determines the external results you get.

The trouble is, most people do their focusing unconsciously and without intention. How they focus, and what they focus on, runs automatically—which means that sometimes they focus on what they DON'T want—and get it. And, in addition, focusing on what you don't want creates bad feelings.

**IN FACT, I'LL MAKE AN EVEN
MORE SWEEPING STATEMENT:**

ANY TIME you experience an uncomfortable feeling—any time you feel bad—you are focusing on

what you do not want, what you are afraid of, or what you are worried about.

**THIS IS THE ONLY WAY ANYONE
CAN EXPERIENCE BAD FEELINGS.**

Luckily, you can control what you focus your mind on, which means you can control whether or not you experience bad feelings, too.

Those of you who have been with Centerpointe for a while are familiar with my Nine Principles for Conscious Living. I've written many articles about The Nine Principles in Mind Chatter.

You can see the archives of these Nine Principles articles at:

<http://www.centerpointe.com/newsletter/archives.php>

How to get what you don't want **continued...**

The first (and, some would say, the most important) of the Nine Principles is The Principle of Letting Whatever Happens Be Okay. This idea of what you focus on, and this first principle, are closely related—in fact, in a sense, they are two ways of saying the same thing.

When you are not letting “what is” be okay—when you're emotionally resisting the way things are—what you're actually doing inside your head is making pictures or other internal representations of what you don't want, and then emotionally reacting to these internal representations with resistance. You think of what you don't want, are afraid of, or are worried about, and then try to move away from it or avoid it.

I've often said that to resist or not resist is a choice, that when something happens that is other than what you would have liked, you can either resist—which means you suffer in some way—or you can just PREFER that things be different, in which case you can remain happy and peaceful. This applies to things you can do nothing about, and also to things you can do something about.

I mention this because I want to make sure you understand that not resisting doesn't mean you accept whatever happens without any attempt to shape events the way you want them to be. It does mean, though, that you remain emotionally okay and unattached to the outcome while you are working to change those things you may be able to change, or while you're dealing with those things you cannot change.

Often I'm asked how a person can make the choice to not resist something. Someone will write me, convinced that this principle is true in theory, but not understanding how to put it into practice. Usually this means that the person experiences him or herself AT THE EFFECT of some cause, over which they have no control—in other words, they do not feel as if they are in charge of their feelings, impulses, and internal states—

and sometimes, even their behavior.

So the question becomes, “how do you do ‘not resisting’ something?” What do you actually DO that creates resistance, and what do you change so as to end it? I was thinking about this and it suddenly occurred to me that resistance and the idea of what you focus your mind on are really about the same thing. Once I realized this, the answer came to me: you can't resist without focusing your mind on that which you're resisting. You can't resist without making internal representations (internal sounds, pictures, and internal dialog) of what you do not want.

To resist, you have to focus on what you don't want,

with the idea that you want to move away from it or in some way avoid it!

I've been telling people for some time now that when you focus on what you don't want, you do two things: 1) you give your mind an instruction to create or draw to you, in one way or another, whatever you're focusing on, and 2) you get to feel lousy.

When you make internal representations of what you don't want, your mind thinks you want it. Why does your mind do such a lousy thing to you? Because it's wired in such a way that it takes what you focus on as a literal instruction to get or create something for you. It doesn't distinguish between those things you focus on that you WANT and those things you focus on that you DON'T WANT. YOU have to distinguish between these two things, and be conscious enough to only entertain internal representation of what you want.

Luckily, the ONE thing you have complete and total control over is WHAT YOU FOCUS ON. That means that when you feel bad, it's a signal that you are focusing on what you don't want—and that by consciously changing that focus to what you want, you can change how you feel.

Not only that, you also change the results you get,

“ So whether I talk about resistance, or about focusing on what you don't want, I'm essentially talking about the same thing, and my sincere advice to you is to give up both of them. ”

How to get what you don't want **continued...**

because you change the instructions you're giving your brain from what you DON'T want to what you DO want.

And, I'm here to tell you that your mind is REALLY good at creating whatever instructions you give it. Right now, with no training whatsoever, you are as proficient as any human who has ever lived at creating exactly what you focus on. It's built into you. Your only problem is that you haven't been focusing consciously. (More about that in a moment.)

At the risk of repeating myself, let me remind you why someone would focus on what they don't want: they have been wounded, traumatized, or abused in some way. They have had one or more significant emotional experiences that have caused them to say: "There's danger in the world, and I have to avoid it in order to be safe." To try to avoid this danger, you have to focus on it (at least you think so). But ironically, focusing on it creates more of it, and you also get the added bonus of experiencing bad feelings.

So whether I talk about resistance, or about focusing on what you don't want, I'm essentially talking about the same thing, and my sincere advice to you is to give up both of them.

Finally, underlying even the broad topic of resistance and what you focus your mind on, is the question "Who's in charge?" And the answer, in case you don't know, is that YOU are in charge. You may not be exercising the control you undeniably have over what happens, but that doesn't mean it isn't available to you. It may look as if you are a leaf in the whirlwind of fate, but that's just how it LOOKS.

You ARE in charge, I promise. You can decide, in any moment, what you focus your mind on, what thoughts you think, what pictures you make inside your head. You can decide to focus on what you want, and if you do, you'll get it, and you'll feel good while you're getting it. Most people do not exercise this tremendous power, however. Instead, most people allow their mind to run all over the place, automatically, allowing whatever internal representations their mind happens to automatically create to run wild in their mind.

Here, then, is my suggestion for you: take the reins of your mind. Become aware, moment by moment, of what you're doing inside your head, and if it isn't what you want—if what you experience, either inside or out,

isn't what you intended—exercise your power to change your focus.

You can do this. I'm not saying IT WILL BE EASY. At first, it's not easy to tame your mind. It takes tremendous persistence, because the part of you that thinks it needs to focus on danger in order to be safe has a lot of momentum. But if you keep paying attention, and keep exercising control and choice about what you focus on, it will become easier and easier. Finally, directing your mind to do what you want it to do will become a habit, and from that point it's easy.

And, once you get to that point, the world is your oyster, because you'll be able to create whatever you want. I know this is true, because I've done it, and you can do it, too.

Now, if you want a shortcut to accomplishing this (and you do, don't you?), here are two things you can do:

1) Use Holosync every day to meditate, and complete all the levels of The Holosync Solution program. This will create the conscious awareness you need to become aware of how your mind creates your reality, and will give you tremendous conscious control over your mind, what it focuses on, and what it creates.

2) Take the three online courses of my Life Principles Integration Process, in which you'll discover exactly how your mind creates everything that happens to you, and how you can take complete and total charge of this process. To read about these courses, and to hear a free lesson, go to:

<http://www.centerpointe.com/life/preview/>

So there you have it. What you focus on is the key to life. I'm handing you the key. All you have to do is take it from me, and open the door.

See you on the other side!

Be well.



Bill Harris, Director

Glowing Testimonials

I have been meditating using H/S for about four months now. Yesterday, I listened to the DIVE soundtrack of my newly acquired AL 1 for the first time and I must say, I was really amazed. VA definitely improves the sound quality of the soundtracks a great deal and makes meditation feel much more natural.

My time with this program has been rather hard (with times of extreme resistance and upheaval) but it has also made a great difference to my life. In the final few weeks of AP my experience became really smooth and I noticed that my intellectual abilities have improved quite a bit (I am a university student)...I am delighted with your program, your commitment to it and the amount of information

materials you give to participants. I am so happy that I accidentally clicked on a link to the Centerpointe website last year. This program is the greatest thing I have ever experienced and I now have so much more time to focus on the really important things in my life, instead of always checking out and spending money on new therapies or personal growth tools only to find out after a while that they cannot really help me come to terms with the problems I have.

I look forward to personally meeting you at a retreat sometime.

Thank you for creating this wonderful program and giving me new hope for my future life.

—Alex

I thought I would take this opportunity to say a few things that have rumbled around in my brain since the last time I wrote to you.

Just so we're both starting on the same page, I first wrote to you after I discovered Centerpointe and was desperately hoping your program could help me. I am the woman who is recovering from a series of strokes and, until your Program, had been unable to resume my long-term meditation practice. You counseled that the technology used in your program

obviated the need for focusing which was my problem.

I decided to take a chance and began Awakening Prologue at the end of July. The path to today has not been a smooth one. There have been ups and downs and days when I felt creepy crawly in my own skin and would have given most anything to climb out of it. But there have also been days of such complete and total euphoria that I thought I would surely just float away.

Those days have been few and far between. My previous meditation experience of 25 years duration had prepared me for some of this. Your written and spoken words prepared me for much of the rest of it. As much as I have been able to recognize and release the resistance, I have been able to move

forward...I have read and reread the support letters, the newsletter, the reports you've written and all the other material you have so freely given us students access to. You have made your website a huge natural resource for those who are willing and able to delve into it and to read and absorb the information and follow through with the info and with other websites, etc. I know not everyone can do that, but I can and do.

“ There have been ups and downs and days when I felt creepy crawly in my own skin and would have given most anything to climb out of it. But there have also been days of such complete and total euphoria that I thought I would surely just float away ”

I also want to thank you for all the additional material that came with Awakening Prologue. I have probably come close to wearing out the CDs of your seminar talks, but I'm grateful for them. I also thank you for the surprise gift, the Making Changes tape which has been so helpful.

When I first found Centerpointe, I spent some time looking around and thinking about it. My first impression was that it and you were too good to be true. No one is that nice, I thought. Then I pondered some more and thought—well, if the principles of unity that I espouse were put into action by someone, then this is how it might look. Hmmm. After all of that, I decided to take a chance that you were what you seemed to be. I have not been disappointed.

Thank you.

—Rebecca

How to Think Like Leonardo da Vinci Seven Steps to Genius Every Day

By Michael J. Gelb, Copyright 1998/2004 Bantam Dell

IF THERE'S ONE NAME SYNONYMOUS WITH the word "genius" it is Leonardo da Vinci. Too often, the idea of genius is considered exclusive to a few select individuals like Leonardo, Mozart, Einstein,

Hawking and others. But in "How to Think Like Leonardo da Vinci," Michael Gelb introduces us to the idea that there is amazing and often untapped potential for genius in each of us. The world around us is an endless resource for inspiration through observation, sensory experience, and contemplation. While we spend most of our time dealing with the mundane challenges of everyday problem-solving, Gelb points to da Vinci who, perhaps more than any other thinker, truly utilized his powerful mind to become an inventor, anatomist, artist, naturalist, philosopher, architect, and sculptor. Motivated less by necessity and more by the sheer joy of gaining knowledge and experience, da Vinci is an apt model for anyone seeking the genius inside themselves. Far from being a specialized expert working in one small field of study, da Vinci saw the world as both a many-colored palette and endless canvass, drawing from and contributing to scientific and artistic knowledge; knowledge that continues to inspire five-hundred years later. Constantly thinking, observing, creating, and imagining, few of da Vinci's neuronal synapses rested for very long.

Drawing on da Vinci's notebooks, art, and inventions, Gelb gives us a fascinating peek into the mind of da Vinci and into the very workings of genius itself. The book centers on what he calls the "Seven da Vincian Principles," each of which represents an element of da Vinci's genius, and a way of learning about, and being inspired by, our world.

For example, one of the seven da Vincian principles is "Sfumato," which literally means "going up in smoke." This attribute of da Vinci's genius means "a willingness to embrace ambiguity, paradox, and uncertainty." As Gelb points out, "Leonardo's contemplation of opposition and paradox took many forms. It is expressed in the love of puns, jokes, and humor and in the fascination with riddles, puzzles, and knots recorded throughout his notebooks." Rather than seeing uncertainty as an obstacle to knowledge, da Vinci took an almost Zen-like approach, seeing ample room for possibility within ambiguity.

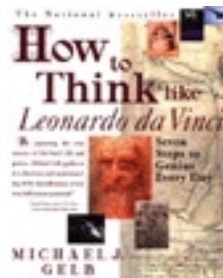
Another principle Gelb identifies is "Curiosita, an insatiable curious approach to life and an unrelenting quest for continuous knowledge." Gelb explains that da Vinci was, perhaps, the most curious man that ever lived: "His inexhaustible quest for truth also inspired him to look at reality from unusual and extreme perspectives. It took him under the water (he designed a snorkel, diving equipment,

and a submarine) and into the sky (he designed a helicopter, a parachute, and his famous flying machine). He plunged into unfathomable depths and sought previously unimaginable heights in his passion to understand."

Gelb goes well beyond providing interesting insights into da Vinci himself. More importantly, Gelb centers his focus on how we can emulate and apply these da Vincian principles to uncover our own hidden attributes and traits of genius. With dozens of exercises, self-assessments, and instructions relating to each of the seven principles, "How to Think Like Leonardo da Vinci" is a highly engaging and enjoyable guide to experiencing your own personal Renaissance. Turn to virtually any page and find a wealth of da Vincian inspiration and insights. From studying great music to refining your sense of smell, the diversity of ideas is compelling. There's even a da Vinci diet!

Filled with fascinating (black & white) images from da Vinci's notebooks, as well as side-bar quotes and illustrations, Gelb's book provides not only a worthwhile history lesson, but a pleasant reading experience.

Perhaps the most interesting aspect of the book is simply the



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breadth of ideas Gelb has compiled to inspire even the most latent genius toward greatness. From practicing writing with your non-dominant hand, to meditation exercises, to refining your appreciation of jazz and classical music, Gelb captures da Vinci's spirit of open and eager inquiry.

"How to Think Like Leonardo da Vinci" will appeal to a wide range of readers, although don't confuse it with a comprehensive biographical piece. Gelb's intention is to enlighten, inspire, and encourage us to discover the genius that resides within each of us, and he succeeds in an artful and innovative manner.

(Also check out the companion books by Michael Gelb, "The How to Think Like Leonardo da Vinci Workbook," and "Da Vinci Decoded, Discovering the Spiritual Secrets of Leonardo's Seven Principles")

Announcements: The Amazing 5-Day Transformation for those who don't have the time to wait for Tremendous change!

April retreat filled quickly; space still available for September retreat.

Though spaces filled quickly for Centerpointe's spring retreat, there are still spots open for the fall retreat. The retreat is held at The Omega Institute at the Crossings in Austin, Texas. from September 16-22, 2006.

If you have a big issue you'd like to resolve, if you're in a transition period in your life and you just can't seem to complete it, or if you just want to take things to a higher level—one where you understand more completely how you're creating your life—please, do yourself a favor and come spend a week with me at The Omega Institute.

I promise that you'll have an incredible experience you'll never forget.

I tell people they'll receive six months of growth in just 5 days at these retreats, but they keep improving every time, and people now tell me they've received much more than that.

I tailor each retreat to the needs of the specific people who attend (which

means YOU). My goal is to help you see the ways you may be unconsciously and unintentionally creating your internal and external reality, and how easy it actually is to consciously and intentionally create the life you want, both inside and out.

This is your chance to make a big change, and to work with me personally.

So visit this URL for more information:

www.centerpointe.com/retreats

And, I guarantee results! Here's the guarantee: Attend the entire retreat. If by the end of the retreat you don't

think it was the most incredible growth experience you've ever had, just see me before you leave, and I'll refund your tuition.

You do not need to be a program participant to attend (though most people who attend are). (And if you're not a program participant, why the heck aren't you? Quit procrastinating and join.)

Visit this URL for more information:
www.centerpointe.com/retreats

Or, you can call retreat coordinator Katie Sparks at **503-906-6027** to learn more about Centerpointe's retreats.

"As I watched and listened during my experience, I sensed throughout that I was safe and that I could go deeper and deeper because of the love and confidence and strength I felt around me. Without that, I probably could not have released, what I believe to have been major life time blockages.

Although I have been able to create so much happiness in my life, I was always aware that something was blocked and I did not have a clue how to access it. Something very big happened to me and I am still processing it."

—Dori