

Special Report:

Listen. Learn. Live.

Discover the Scientific Research Behind
Holosync Brainwave Technology



Centerpointe
RESEARCH INSTITUTE



By Bill Harris, Founder
Centerpointe Research Institute
(1950-2018)

Best-selling Author of
The New Science of Super Awareness

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For further information on products or programs,
contact Centerpointe Research Institute here:

Phone: 503-672-7117

Mail: 1600 NW 167th Place, Suite 320,
Beaverton OR 97006

Email: support@centerpointe.com

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

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The Best Hour of Your Day

*Every time I meditate, the time seems to fly, to the point that I am sitting there, thinking, "Oh no, this can't be finished!"
I thoroughly enjoy the progress that I am making.*

I have managed to complete tasks and little goals I set myself each day, and if at times something doesn't work out, I always remind myself that it is meant to happen that way. Just to observe it, acknowledge it, and then move on. Everything is how it is supposed to be. Let everything be okay.

I can't possibly thank you enough. Trust me when I say that from the bottom of my heart, you have changed my life and my way of thinking...all for the better.

~Nicole

”

Executive Summary: An Embarrassment of Riches

Holosync® Audio Technology can make you smarter, less stressed, healthier, more creative, more motivated. It can even help you live longer by reducing some of the contributing factors to aging and illness.

Whether you've experienced Holosync yet or not, describing the amazing benefits of simply listening to Holosync poses something of a dilemma. Not because the benefits of Holosync are hard to describe...they're not.

They're more like an embarrassment of riches.

I'm about to share with you some results you'll likely enjoy soon after beginning your Holosync experience, as well as the scientific data that stands behind Holosync.

But first, the dilemma:

When some people hear about everything Holosync can do for them, they're tempted to think it's some sort of a "magic pill" that simply can't live up to its claims. (Since Holosync is based on pure science, nothing could be further from the truth.) But if I don't explain in detail how Holosync will change your life, you may not realize how beneficial Holosync will be to you.

The powerful benefits of Holosync come from its ability to quickly and easily put you into states of deep meditation without the years of intense practice traditional methods require.



“

The Most Incredible Thing Has Happened

With every day of my [Holosync] meditation, I feel my connection to everything. I began to see the oneness of everything. It's the most incredible experience of my life. It's helped to heal the wounds in my marriage, my heart, my health...

I don't know that I have the language to convey just how deeply I feel about the changes it's affected my life. I am grateful beyond measure.

~Dar Dixon, Hollywood actor, writer, director, producer

”

So let's get to those benefits!

By optimizing your brain with neuro-audio technology—enhancing your prefrontal cortex (executive function) and calming your limbic system (fight-or-flight response)—Holosync creates specific and beneficial brainwave patterns with these proven benefits:

- **Significant increases in your overall sense of happiness and wellbeing**
- **Increased mental abilities, creativity, focus and concentration**
- **Relief from a host of emotional problems and challenges**
- **Slowed and even reversed aging**
- **Reduced risk of heart disease**
- **Lowered blood pressure**
- **Stress reduction**
- **Better sleep**

Sounds pretty good, right? Here's more!

- Creation of new neural pathways between the right and left brain hemispheres, leading to “whole brain thinking”
- Increased production of DHEA, a source ingredient of nearly every hormone your body needs and a key determinant of your body's health and vitality
- Increased production of human growth hormone (HGH) resulting in dramatic slowing of the aging process, more vigor and vitality, and reduction of age related illnesses and diseases
- The release and falling away of dysfunctional mental and emotional patterns (anger, fear, anxiety, depression, sadness, substance abuse, self limitations, etc.)—even those that have stubbornly resisted other methods
- Significant reductions in how much cortisol your brain produces (this is commonly called the “stress hormone” and has been linked to accelerated aging)
- Better memory, recall, and ability to access vast information stored in your unconscious mind
- Increased production of melatonin, critical for restful sleep, and a powerful antioxidant

By effortlessly placing you in the brainwave patterns of deep meditation, Holosync allows you to experience the benefits of traditional meditation, but much more quickly and easily. In fact, you begin benefitting immediately, the very first time you listen.

“

You can Handle Anything

*I can't say I had an agenda for what I wanted to achieve.
I only knew I wanted to be less afraid, to be more in
the world and more connected to my purpose.*

*Overall I feel more capable of handling the difficulties that have been
coming my way. I was diagnosed with breast cancer two years ago.
Financially things are extremely difficult, my mother has been
diagnosed with Alzheimer's and I have moved her to be
closer to me. Friends and family have been diagnosed
with incurable diseases and my adult children are
angry with each other. But I feel centered.*

*It's quite unbelievable, but it's true. I feel much more in the moment.
I have been viewing recent [9/11] events as an opportunity
for me to get clear—on what I value, why I need not fear
anything and my love for humankind.
~With much gratitude, Joan*

”



Now let's take a deep dive into the pool to see how Holosync does all this.



The Science Behind Holosync and Other Neurotechnologies

The idea of “optimizing” your brain—much like you use modern technology to enhance everything from toasters to automobiles to websites—seemed like total science fiction just a few decades ago.

A doctor named Gerald Oster changed all that in 1973, and since then, science fiction has become science fact: You really can optimize your brain—for greater creativity and ability to learn, less stress, more willpower and confidence, and a host of other desirable ends—with modern technology.

The ability to entrain brainwave patterns opened up an exciting world of mind-boggling possibilities. Researchers in neuroscience could not contain their excitement.

Neurochemist Candace Pert, of the National Institute of Mental Health, put it this way:

There's a revolution going on.

There used to be two systems of knowledge: hard science—chemistry, physics, biophysics—on the one hand, and, on the other, a system of knowledge that

included ethology, psychology, and psychiatry. Now it's as if a lightning bolt has connected the two. It's all one system. The present era in neuroscience is comparable to the time when Louis Pasteur first found out that germs cause disease. (8)

“

Wild and Intriguing

It's difficult to try to responsibly convey some sense of excitement about what's going on. You find yourself sounding like people you don't respect. You try to be more conservative and not say such wild and intriguing things, but damn! The field is wild and intriguing. It's hard to avoid talking that way...We are at a frontier, and it's a terribly exciting time to be in this line of work.
~John Kiebeskind, UCLA neurophysiologist

”

A Revolution in Neuroscience

In the October 1973 issue of Scientific American, Dr. Oster of the Mt. Sinai Medical Center, published a remarkable, breakthrough paper: “Auditory Beats in the Brain.”

In this paper, Dr. Oster described how to make tangible changes to your brain through sound.



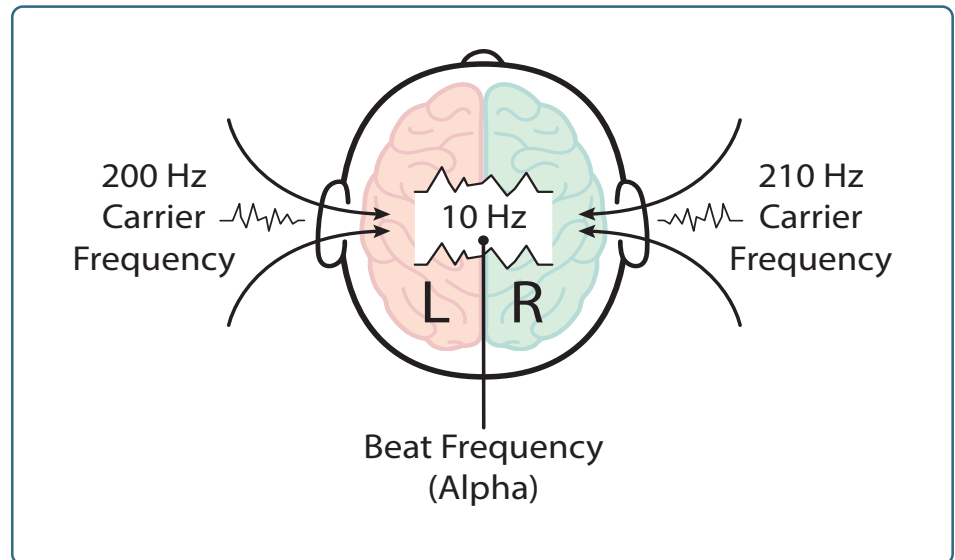
He did this by delivering pulsations of different frequencies into each ear. As a result, the entire brain became entrained to a frequency equal to the difference between the two tones, and began to resonate to that frequency.

Simultaneously, Robert Monroe, of the Monroe Institute of Applied Sciences, was also investigating binaural beats. In thousands of experiments,

using an EEG machine to monitor subjects' electrical brainwave patterns, Monroe also concluded that he could entrain brainwave patterns using binaural beats.

Since then, many researchers have verified this phenomenon. Language and speech pathologist Dr. Suzanne Evans Morris, Ph.D., reports: "Research supports the theory that different frequencies presented to each ear through stereo headphones...create a difference tone (or binaural beat) as the brain puts together the two tones it actually hears.

Through EEG monitoring the difference tone is identified by a change in the electrical pattern produced by the brain. For example, frequencies of 200 Hz and 210 Hz produce a binaural beat frequency of 10 Hz. Monitoring



of the brain's electricity (EEG) shows that the brain produces increased 10 Hz activity with equal frequency and amplitude of the waveform in both hemispheres." (2)

Research by Dr. Lester Fehmi, director of the Princeton Behavioral Medicine and Biofeedback Clinic, and perhaps the foremost authority on hemispheric synchronization in the brain, also confirms that hemispheric synchronization and brain entrainment can be induced by binaural beats. (3)

“

Brain Synchronization

Researcher Dr. Lester Fehmi has said that brain synchronization, "...is correlated experientially with a union with experience, and 'into-it-ness.' Instead of feeling separate and narrow-focused, you tend to feel more into it...there's a whole-brain sensory integration going on and it's as if you become less self-conscious and function more intuitively."

”

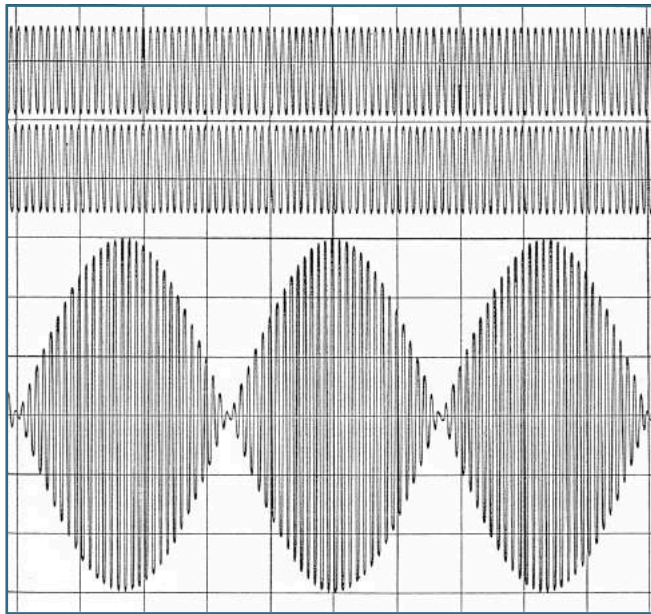
Dr. Arthur Hastings, Ph.D., in a paper entitled “Tests of the Sleep Induction Technique” describes the effects of subjects listening to a cassette tape specially engineered to create binaural beats in the brain. In this case, the sounds on the tape were designed to slow the brainwave patterns from a normal waking beta brainwave pattern to a slower alpha pattern, then to a still slower theta pattern (the brainwave pattern of dreaming sleep), and finally to a delta pattern, the slowest of all, the brainwave pattern of dreamless sleep.

Hastings says: “We were able to test the effects of the sleep tape on brainwaves with an EEG machine through the courtesy of the researchers at the Langely-Porter Neuropsychiatric Institute, part of the University of California Medical School in San Francisco. Dr. Joe Kaniya, Director of the Psychophysiology of Consciousness Laboratory, monitored the brainwave frequencies of one subject as he listened to the sleep tape.

The chart recording showed a typical sleep onset pattern: initial alpha waves, then a slowing of the brainwaves with sleep spindles, and finally a pattern of stage 2 and 3 sleep brainwaves in the low theta range...the patterns in the various stages suggested that the tape was influencing the subject’s state. (4)

Dr. Bill D. Schul also refers to the phenomenon of brain entrainment:

[P]hased sine waves at discernible sound frequencies, when blended to create ‘beat’ frequencies within the ranges of electrical brainwaves found at the various stages of human sleep, will create a frequency following response (FFR) within the EEG pattern of the individual listening to such audio waveforms. The FFR in turn evokes physiological and mental states in direct relationship to the original stimulus. With the availability of this tool, it becomes possible to develop and hold the subject into any of the various stages of sleep, from light alpha relaxation through theta into delta and in REM (dreaming). (5)



SINE WAVES COMBINE TO PRODUCE BEATS in this illustration based on oscilloscope traces. The two waves at the top are of slightly different frequency; when they are combined, the resulting wave at the bottom varies slowly in amplitude. The variations are beats and would be perceived acoustically as modulations in loudness.

If the two signals were presented separately to each ear, binaural beats would be heard. These differ in character from monaural, or ordinary, beats and are generated within the brain.

"Auditory Beats in the Brain" by Gerald Oster. Scientific American, 1973 (used with permission).

Schul concluded that "Binaural beat-frequency stimulation creates a sustaining FFR that is synchronous in both amplitude and frequency between the brain hemispheres. (5)

F. Holmes Atwater of the Monroe Institute describes the neurophysics of the binaural beat brain entrainment process:

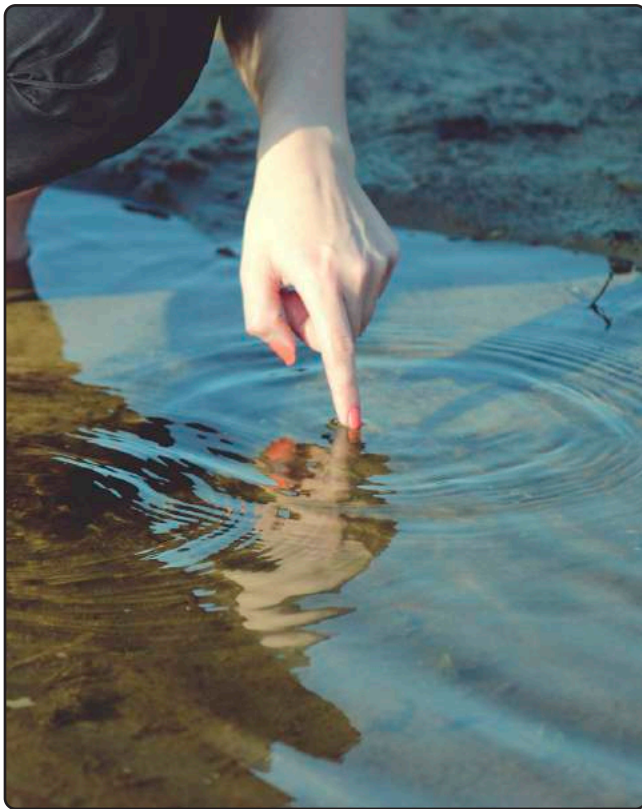
Within the sound processing centers of the brain, pulse stimulation provides relevant information to the higher centers of the brain. In the case of a waveform phase difference the electron pulse rate in one part of a sound-processing center is greater than in another.

The differences in electron pulse stimulation within the sound processing centers of the brain are an anomaly. This anomaly (the difference in electron pulse stimulation) comes and goes as the two different frequency waveforms mesh in and out of phase. As a result of these constantly increasing and decreasing differences in electron pulse stimulation, an amplitude modulated

standing wave (the binaural beat) is generated within the sound processing centers of the brain itself.

It is this standing wave which acts to entrain brainwaves. (6)

Atwater further states, "A conventional binaural beat generates two amplitude modulated standing waves, one in each hemisphere's olivary nucleus. Such binaural beats will entrain both hemispheres to the same frequency, establishing equivalent electromagnetic environments and maximizing interhemispheric neural communication"(6).

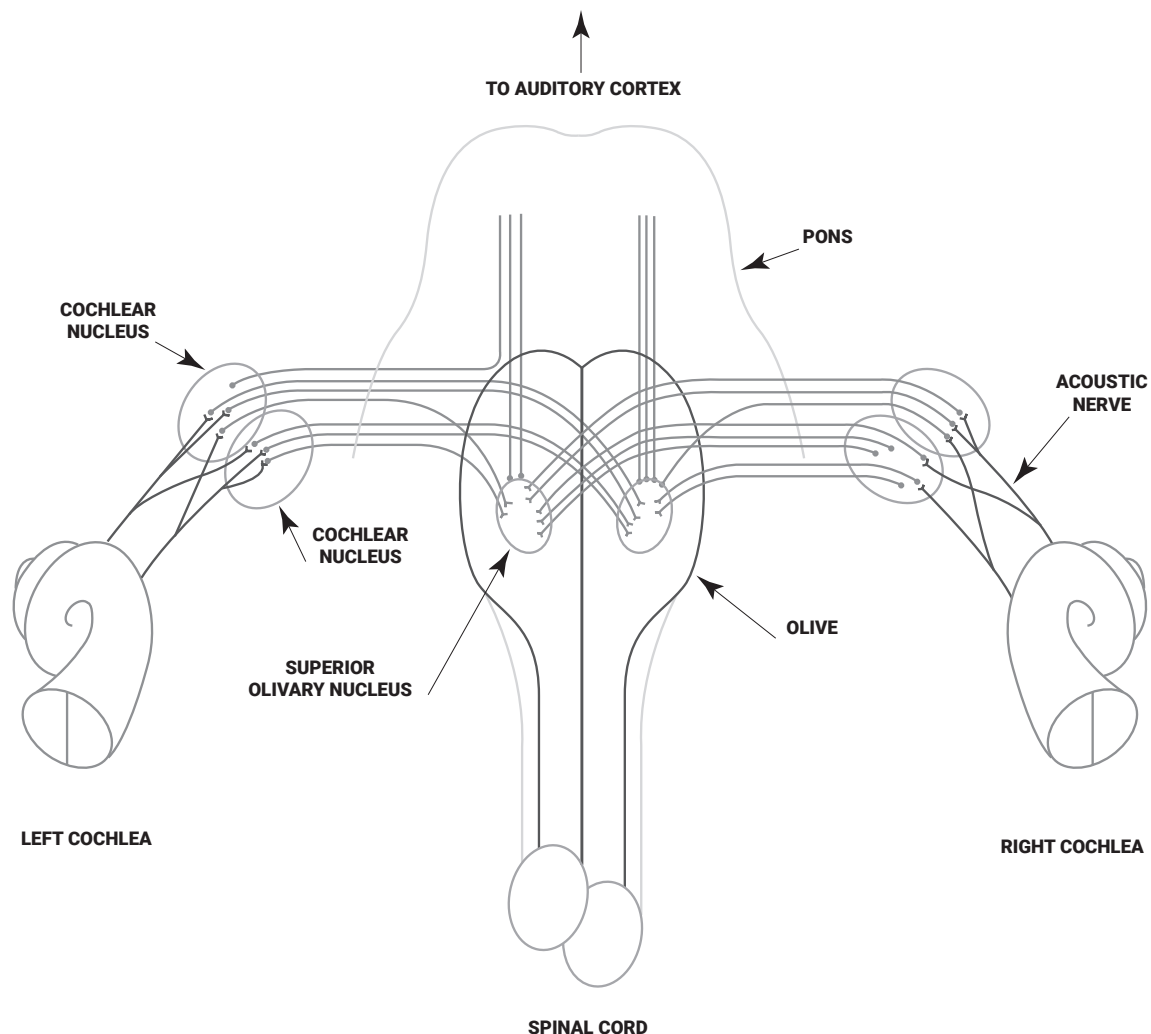


David Krech, Ph.D., a University of California at Berkeley psychologist, predicted almost twenty-five years ago: "I foresee the day when we shall have the means, and therefore, inevitably, the temptation, to manipulate the behavior and intellectual functioning of all people through environmental and biochemical manipulation of the brain." (9)

That day may very well be here now, and the gentle altering of brainwave patterns using sound may be the easiest, most potent, and safest way to do it.

Centerpointe Research Institute currently uses a sound technology called Holosync to entrain brainwave patterns, giving us the ability to influence or create tranquility, pain control, creativity, euphoria, excitement, focused attention, relief from stress, enhanced learning ability, enhanced problem-solving ability, increased memory, accelerated healing, behavior modification, and improvements in mental and emotional health.

Michael Hutchison, in his book Megabrain Power, sums up this revolution in neuroscience: "...new breakthroughs in neuroscience and microelectronics have permitted scientists to 'map' the electrical and chemical activity of the brain in action.



LOWER AUDITORY CENTERS of the brain are in the medulla oblongata, viewed here schematically from the back of the neck. Nerve impulses from the right and left ears first meet in the left or right superior olivary nucleus. These structures are part of the olive, an organ that in this view lies behind the brain stem. It is probable that binaural beats are detected here.

"Auditory Beats in the Brain" by Gerald Oster. Scientific American, Oct. 1973, (used with permission).

Scientists have used the new technology to monitor the brains of those meditators, artists, and other rare individuals who are able to enter peak domains at will and to map their brain activity during those peak states." (10)

According to Hutchison, these scientists' first findings were that those peak states are not mysterious and unpredictable phenomena, but are clearly linked to specific patterns of brain activity.

These patterns include dramatic changes in brainwave activity, hemispheric symmetry, and rapid alterations in the levels of various neurochemicals.

If we could learn to produce these patterns of brain activity, they reasoned, we should be able to produce the peak states they are associated with.

"...They found that by using types of mechanical stimulation, such as...precise combinations of pulsating sound waves...they could actually produce those same 'peak state' brain patterns in ordinary people..." (10)

“

From the Author of The Four Agreements

Bill, I feel so grateful to you for sharing this information as a gift to humanity. Thank you so much. I appreciate your hard work and studies over the years. My deep regards.

~Don Miguel Ruiz

”

The Well-Balanced Brain

Just as we exercise our bodies to feel better and improve our physical health, stimulating the brain in this manner “exercises” the brain, bringing better mental and emotional health and increased intellectual functioning.

“

Are Your Ups and Downs Like a Wild Seesaw?

I am feeling VERY stable, which is a state I have wanted to achieve for a very long time! I really hated the feeling of being on a seesaw and I no longer feel like that. I have been through some pretty tough stuff lately, and I was able to handle it all and still run our business...without falling in a heap.

The pressure is not over yet...and in the middle of it all, I'm holding my space and functioning in the manner I desire. I am thinking clearly and getting the things done in order of priority that need to be done.

~Sue

”

Researcher Robert Cosgrove, Jr., Ph.D., M.D., and an authority in pharmaceuticals and biomedical engineering, noted that technologies that alter brainwave patterns...with appropriately selected stimulation protocols [have] been observed by us to be an excellent neural pathway exerciser. As such we believe it has great potential for use in promoting optimal cerebral performance...furthermore, the long-term effects of regular use...on maintaining and improving cerebral performance throughout life and possibly delaying for decades the deterioration of the brain traditionally associated with aging is very exciting. (11)

Brainwave Patterns

There are five categories of brainwave patterns.

Gamma is the fastest of the five main brain wave patterns, with a frequency range of about 30 Hz to 100 Hz. Scientists used to dismiss gamma as unimportant compared to the other states. But more recent research has established gamma as a source of positive emotions, happiness, and even love and altruism. Gamma is sometimes called the “compassion” state for this reason.

The next most rapid brainwave pattern is that of **beta**, from about 14 Hz to 29.9 Hz. This is the pattern of normal waking consciousness, and it is associated with concentration, arousal, alertness, and cognition, while at higher levels, beta is associated with anxiety.

As we become more relaxed, the brainwave activity slows into the **alpha** range, from 8 to 13.9 Hz. These are the brainwave patterns of deep relaxation, and of what has been called the twilight state between sleep and waking, while the higher end of alpha represents a more relaxed yet focused state.

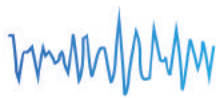
Slower still are **theta** waves, between 4 and 7.9 Hz. This is the state of dreaming sleep and also of increased creativity, superlearning, integrative experiences, and increased memory.

The slowest brainwave pattern is **delta**, that of dreamless sleep, below 4 Hz. Generally people are asleep in delta, but there is evidence that it is possible to remain alert in this state—a very deep trance-like, non-physical state. It is in delta that our brains are triggered to release large quantities of healing growth hormone (12).

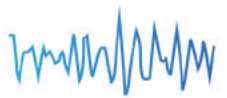
As we slow the brainwave patterns from beta to alpha to theta to delta, there is a corresponding increase in balance between the two hemispheres of the brain.

This more balanced brain state is called brain synchrony, or brain synchronization.

This balancing phenomenon was noted in early EEG studies of experienced meditators in the 1970s.



The Power of Brainwaves



The brain is a complex network of billions of cells called neurons that communicate with one another via electrochemical impulses. The frequency (speed) of these brainwaves influences every thought, memory, feeling, idea, action and sensation you have..

The 5 Brainwave Patterns

(Hz = cycles per second)



Gamma 30-100 Hz

- Feelings of empathy and compassion
- Feelings of contentment and peace
- Heightened sensory sensitivity
- Feelings of loving-kindness
- Feeling of bliss and joy



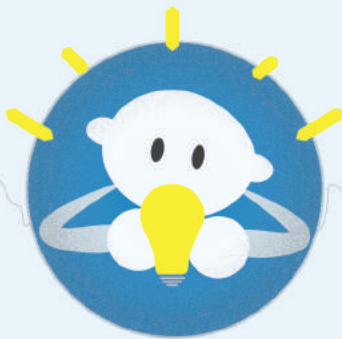
Beta 14-29.9 Hz

- Concentration
- Attentiveness
- Fight-or-flight
- Alertness
- Arousal



Alpha 8-13.9 Hz

- The super-learning state
- Accessing memories
- Clear, calm thoughts
- Increased serotonin
- Reduced anxiety



Theta 4-7.9 Hz

- Creative inspiration ("ah-ha!" moments)
- Feelings of "oceanic oneness"
- Hypnagogic (twilight) imagery
- Access to the unconscious
- "Outside the box" thinking



Delta .1-3.9Hz

- Cathartic release of unresolved emotions
- Production of human growth hormone
- Suspended external awareness
- Kundalini-like experiences
- Very deep relaxation



In deep meditative states, their brainwaves shifted from the usual asymmetrical patterns, with one hemisphere dominant over the other, to a balanced state of whole-brain integration, with the same brainwave frequency throughout.

As we will see, various mental abilities and experiences are induced naturally in these different brainwave patterns, and many of these abilities and experiences are quite remarkable.

Robert Monroe of the Monroe Institute reported that inducing brainwave patterns through the creation of binaural beats in the brain caused a wide range of effects, including “focusing of attention, suggestibility, problem solving, creativity, memory, and learning...sleep induction, pain control...and enhanced learning...” (13).

Other scientists have noted that these slower brainwave patterns are accompanied by deep tranquility, flashes of creative insight, euphoria, intensely focused attention, and enhanced learning abilities. Dr. Lester Fehmi, director of the Princeton Biofeedback Research Institute, has said that hemispheric synchronization represents “the maximum efficiency of information transport through the whole brain” and “[it] is correlated experientially with a union with experience, and ‘into-it-ness.’

Instead of feeling separate and narrow-focused, you tend to feel more into it—that is, unified with the experience, you are the experience—and the scope of your awareness is widened a great deal, so that you’re including many more experiences at the same time. There’s a whole-brain sensory integration going on, and it’s as if you become less self-conscious and you function more intuitively.” (14)



Super-Learning

One of the observed effects of this type of sound-induced brain synchronization is increased learning ability. What is now known as superlearning began in the late 1960s and early 1970s with the work of Bulgarian psychiatrist Georgi Lozanov.

Lozanov used deep relaxation combined with synchronized rhythms in the brain to cause students to produce alpha waves.

He found that students, when in this state learned over five times as much information with less study time per day, with greater long-term retention. In some cases, as much as thirty times as much was learned.

Speech-Language pathologist Suzanne Evans Morris, Ph.D., describes the relationship between different brainwave patterns and learning, as well as other related states such as concentration, problem solving, receptivity, and creativity.

Receptivity for learning is related to specific states of consciousness. Predominant brainwave patterns are associated with different states of consciousness or awareness.

For example, beta frequencies ranging from 14–29.9 Hz are associated with concentration, and alert problem solving; alpha frequencies (8–13.9 Hz) occur when the eyes are closed and a state of alert relaxation is present; theta (4–7.9 Hz) is associated with deep relaxation with a high receptivity for new experiences and learning...(15)

Morris also describes how audio soundtracks containing binaural beat signals can be used to “create the ability to sustain this theta period of openness for learning.” (15)

Morris goes on to say that “[t]he introduction of theta signals...into the learning environment theoretically allows for a broader and deeper processing of the information provided by the teacher...[and] increases...focus of attention and creates a mental set of open receptivity.” She notes that in the use of such binaural beat signals in a classroom setting, children exhibited “improved focus of

attention” and “a greater openness and enthusiasm for learning.” (15)

Morris further describes what happens in the brain that makes this type of accelerated learning so effective:

The presence of theta patterns (4–7 Hz) in the brain has been associated with states of increased receptivity for learning and reduced filtering of information by the left hemisphere.

This state of awareness is available for relatively brief periods as the individual enters a state of reverie or passes in and out of the deep sleep phase of the 90 minute sleep cycle.

[Binaural beat] signals, however, can facilitate a prolonged state of theta to produce a relaxed receptivity for learning...[These signals] create a state of coherence in the brain.

Right and left hemispheres as well as subcortical areas become activated in harmony, reflected by equal frequency and amplitude of EEG patterns from both hemispheres.

“

If Only I Had Started this 20 Years Ago

When I think back over my experience of Holosync so far, I can see that I have been letting go of old ways and habits, and establishing a whole new way of being. If I had foreseen getting where I am now, say 5 years ago, it would have been an ideal that I would never have thought possible.

*But now I look back and think, If only I
had started this 20 years ago.*

~John

”

This creates an internal physiological environment for learning which involves the whole brain. The linear, sequential style of problem solving preferred by the left hemisphere is brought into balance with the global, intuitive style of the right hemisphere and limbic system (subcortex).

This allows the learner to have greater access to internal and external knowledge and provides a milieu for expanding intuition in problem solving.

One of the by-products of hemispheric synchronization appears to be a highly focused state of attending. The ability to reduce 'mind chatter' and focus the attention is critical for efficient learning (16).

Binaural beat signals have been used in the classroom to enhance learning ability. Teachers in the Tacoma, Washington, public schools, under the direction of psychologist Devon Edrington, used audio tapes containing a binaural beat sound technology to influence the learning ability of students.

They found that students who were taught, studied, and took tests while these tapes were playing did significantly better than a control group not using the tapes. (17)

The theta state also seems to be one where behavior and belief system changes can more easily be made. Suzanne Evans Morris discusses the work of neurotechnology and biofeedback researcher Thomas Budzynski, (1981) in which he described the theta state as...a transition zone between wakefulness and sleep in which one can absorb new information in an uncritical, non-analytical fashion. [Budzynski] speculated that this allows new information to be considered by the right hemisphere through bypassing the critical filters of the left hemisphere.



Thus, information leading to a change in self-concept would become more available; modification of habitual behaviors or consideration of one's belief system could occur more easily if alternatives were presented during a period of theta activity. (18)

Medical researcher Dr. Gene W. Brockopp also believes behavior modification is enhanced when the subject can be placed in slower, more

receptive brainwave patterns. He speculates that using technology to induce brainwave changes can...actively induce a state of deactivation in which the brain is passive, but not asleep; awake, but not involved with the 'clutter' of an ongoing existence.

If this is true, then it may be a state in which new cognitive strategies could be designed and developed...[i]f we can help a person to experience different brainwave states consciously through driving them with external stimulation, we may facilitate the individual's ability to allow more variations in their functioning through breaking up patterns at the neural level.

This may help them develop the ability to shift gears or 'shuttle' and move them away from habit patterns of behavior to become more flexible and creative, and to develop elegant strategies of functioning (19).



Many other researchers have described the benefits of alpha and theta brainwave states.

Budzynski has done extensive research on learning and suggestion when the brain is in a theta state. Theta, Budzynski suggested, is the state in which superlearning takes place—when in theta, people are able to learn new languages, accept suggestions for changes in behavior and attitudes, or memorize large amounts of information.

He says, "We take advantage of the fact that the hypnagogic [theta] state, the twilight state...has these properties of uncritical acceptance of verbal material, or almost any material it can Process."

Budzynski and psychobiologist Dr. James McGaugh, of the University of California at Irvine, have both found that information is also more easily processed and recalled in a theta state.

Noted researchers Elmer and Alyce Green of the Menninger Foundation have also studied this phenomenon, finding that memories experienced in a theta state “were not like going through a memory in one’s mind but rather like an experience, a reliving.” Individuals producing theta waves also had “new and valid ideas or synthesis of ideas, not primarily by deduction but springing by intuition from unconscious sources.”



“

Things are Changing So Fast...

"I have been meditating for almost 18 years now and there have been huge changes in that time. But in the last two months, since I began the Holosync program, things are changing so fast it's hard to believe. I seem to be seeing things so much more clearly, faster, and without the EFFORT.

As far as I'm concerned the first level paid for itself in the first week and it just keeps getting better.

~Judith E., Bullaburra NSW Australia

”

Integrative Experiences

In their seminal book, *Beyond Biofeedback*, the Greens further discussed many remarkable effects of the theta brainwave state.

They found that those producing theta waves became highly creative.

They had life-altering insights, which the Greens called “integrative experiences leading to feelings of psychological well-being.”

On psychological tests, subjects scored as being “psychologically healthier, had more social poise, were less rigid and conforming, and were more self-accepting and creative.”

Another remarkable effect was that these subjects became very healthy.

Emotionally, these people had “improved relationships with other people as well as greater tolerance, understanding, and love of oneself and of one’s world” (22).



Addiction Recovery

Alpha and theta states have also been shown to support addiction recovery.

Dr. Eugene Peniston and Dr. Paul Kulkosky, of the University of Southern Colorado, trained a group of alcoholics to enter the alpha and theta states.

These alcoholics showed a recovery rate many orders of magnitude greater than a control group.

“

Do You Have Peace of Mind?

Do I see changes? YES! I am calmer than I ever was. I am more willing to let things go. Things happen that I don't get crazy about, and only a short time ago I would have been pissed. I don't need to be right—even if I know I am right. You know what I mean, so and so says this, you say...no this is the way it is...they insist, and I say to myself "Ellie, how important is this?" ...and I drop the issue, and I smile!

~Ellie

”

Thirteen months later, this alpha-theta group showed “sustained prevention of relapse,” and these findings were confirmed in a follow-up study three years later.

In addition, this group showed a marked personality transformation, including significant increases in qualities such as warmth, stability, conscientiousness, boldness, imaginativeness, and self control, along with decreases in depression and anxiety. (23)

At the brainwave pattern at the juncture between the alpha and theta rhythms, often called the crossover point by neuroscientists, subjects have experienced some remarkable changes.

Houston therapist William Beckwith has reported that in his clients the experience of this crossover point is often accompanied by “the seemingly miraculous resolutions of complex psychological problems.” (24)

Memory

Other studies have suggested that states of brain synchronization increase memory.

McGaugh's research on memory and theta waves showed that "the more theta waves appeared in an animal's EEG after a training session, the more it remembered.

"This was true in all cases...Apparently, the best predictor of memory was the amount of theta waves recorded in the animal's brain. [Theta waves] show that the brain is in the right state to process and store information." (25)

Scientists have discovered that for memories to form, the brain must undergo a process called long-term potentiation (LTP), involving electrical and chemical changes in the neurons associated with memory.

Without LTP, incoming information is not stored, but rather quickly and totally forgotten.

Neurophysiologist Dr. Gary Lynch and associates at the University of California at Irvine discovered that the key to LTP is the theta brainwave pattern. "We have found the magic rhythm that makes LTP...

"...There's a magic rhythm, the theta rhythm." According to Lynch, this is the natural rhythm of the hippocampus, the part of the brain essential for the formation and storage of new memories and the recall of old memories (26).

Other studies have confirmed the incredible benefits of the theta state.

In experiments conducted at the Monroe Institute of Applied Science, subjects who produced theta waves (as measured on an EEG) in response to binaural beats "invariably emerged from the experience reporting all the mental phenomena associated with the theta state, such as vivid hypnagogic imagery, creative thoughts, integrative experiences, and spontaneous memories" (27).

How do these amazing mental and emotional changes take place?

Many researchers believe that different brainwave patterns are linked to the production in the brain of various neurochemicals associated with relaxation and stress release, increased learning and creativity, memory, and other desirable benefits.

These neurochemicals include beta-endorphins, acetylcholine, vasopressin, and serotonin.

Dr. Margaret Patterson, in collaboration with biochemist Dr. Ifor Capel, at the Marie Curie Cancer Memorial Foundation Research Department, in Surrey, England, has shown that certain frequencies in the brain dramatically speed up production of a variety of neurotransmitters, different frequencies triggering different brain chemicals.



For instance, a 10 Hz (alpha) brainwave pattern boosts the production and turnover rate of serotonin, a chemical messenger that increases relaxation and eases pain, while catecholamines, vital for memory and learning, respond at around 4 Hz (theta).

According to Capel, "...as far as we can tell, each brain center generates impulses at a specific frequency based on the predominant neurotransmitter it secretes.

"In other words, the brain's internal communication system— its language, if you like—is based on frequency...presumably, when we send in waves of electrical energy at, say, 10 Hz, certain cells in the lower brain stem will respond because they normally fire within that frequency range." (28)

Dr. William Bauer, one of the foremost experts in the field of electromedicine, elaborates: What I think is happening...is that by sending out the proper frequency, proper waveform and proper current...

...we tend to change the configuration of the cell membrane.

Cells that are at suboptimal levels are stimulated to 'turn on' and produce what they're supposed to produce, probably through DNA, which is stimulated through the cell membrane...you're charging the cells through a biochemical process that can possibly balance the acetylcholine or whatever neurotransmitter needs to be turned on...(29)

The increased production of these different neurochemicals can greatly enhance memory and learning.

A research team at the Veterans Administration Hospital in Palo Alto found that a group of normal human subjects, when given substances that increased acetylcholine production in the brain, showed great improvement in long-term memory, while at MIT, students taking acetylcholine enhancers experienced improved memory and increased ability to learn lists of words. (30)



Researcher Lester A. Henry noted that acetylcholine "is essential to such higher mental processes as learning and memory." (31)

Studies have shown that insufficient acetylcholine causes memory loss and reduces learning and intelligence.

Lack of acetylcholine has been linked in part to confusion and memory loss in patients with Alzheimer's disease (32, 33).

Other studies have shown that when individuals are given substances that increase the amount of acetylcholine, they show significant increases in scores on memory and intelligence tests (34, 35).

Acetylcholine has also been associated with a greater number of neurons in the cortex and also with greater brain size, with humans having the highest density of acetylcholine in the brain.

UC Berkeley researcher Mark Rosenzweig has shown a direct connection between acetylcholine and intelligence. (36)

“

Do You Let Whatever Happens Be Okay?

I just love Holosync. It has done everything you promised it would. You know, it's funny, I have 2 little girls, and there was a time when all that is going on in the world would have really upset me.

Although I have the utmost sympathy for everyone who is suffering, I am still enjoying life, my days are happy, and I feel, just as you say, that whatever happens is O.K. I am not frightened in the least. In fact, I have come to appreciate the joy of living and our everyday little ways even more, and it makes each day brighter.

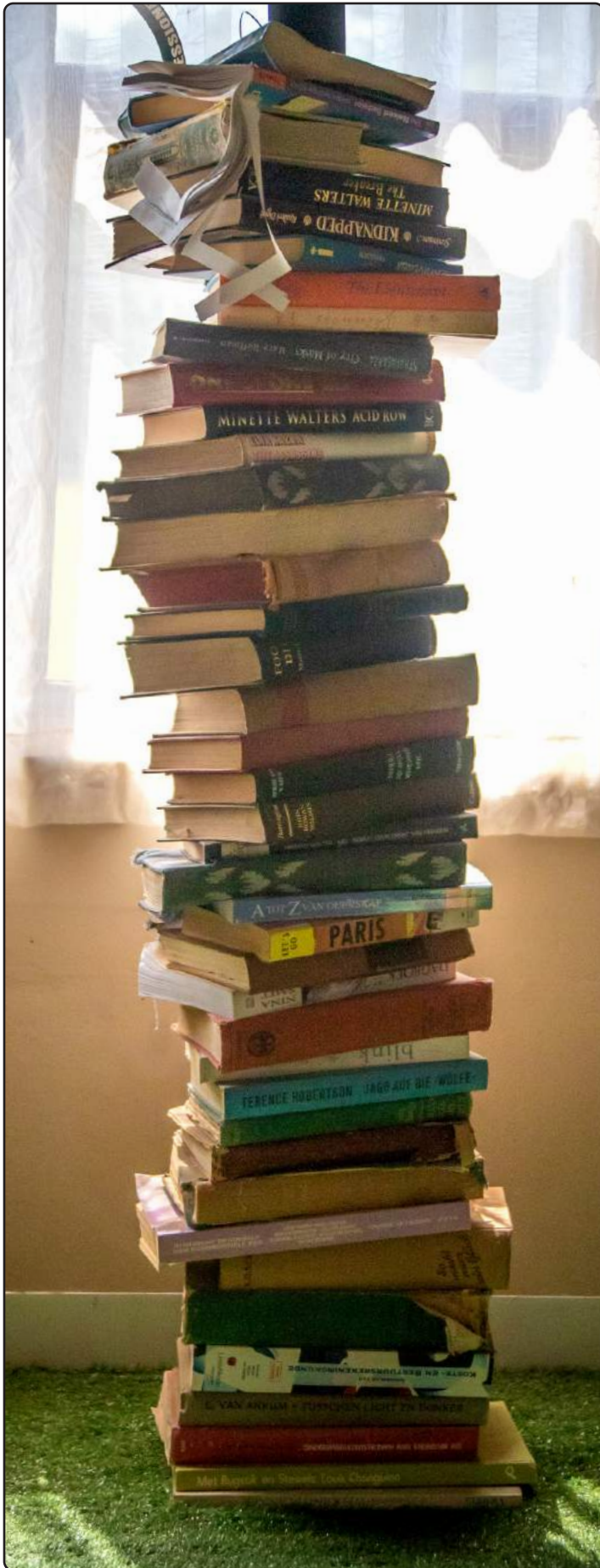
No words can describe what Holosync has done for me and my family. My utmost gratitude.

~Donna

”

Other neurochemicals that are produced in the brain in response to binaural beats have been associated with increased memory, learning, and other benefits.

Men in their fifties taking vasopressin, a neurochemical closely related to the endorphins, showed significant improvement in memory, learning, and reaction time.



In another study, sixteen normal, healthy subjects of average intelligence were given vasopressin several times, after which they showed dramatic improvement in their ability to learn and remember. (37)

Dutch scientists further found that vasopressin had a long-term “cementing effect on consolidation of information.” (38)

At the National Institute of Mental Health (NIMH), research has indicated that vasopressin boosts memory, enabling subjects to “chunk” and encode information better.

(Chunking refers to the ability to group large amounts of information together into more easily remembered bits).

NIMH found that decreasing vasopressin is associated with memory deficits.

Vasopressin is also associated with and enhances production of theta waves that are associated with increased access to memories and increased creativity.

Vasopressin also stimulates the release of endorphins and has restored memory in amnesia victims (39, 40).

The Endorphin Connection

Scientists have also found that the endorphins released when the brain is exposed to alpha and theta binaural beat patterns enhance many mental functions.

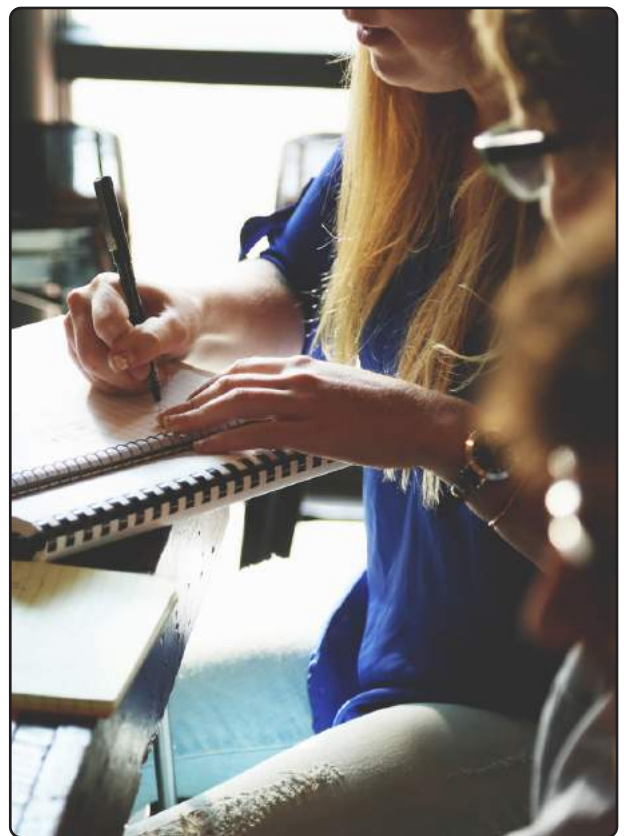
Endorphins have a powerful strengthening effect on learning and memory, for instance, and have been known to reverse amnesia.

Researcher David de Weid found that rats injected with endorphins remembered things longer. Dr. Andrew Schally, 1977 winner of the Nobel Prize for medicine, found that rats receiving injections of endorphins showed improved maze-running abilities. (41)

Why do endorphins increase learning and memory?

Neuroscientists believe that in humans the places in the brain that produce the most endorphins, and contain the greatest concentration of endorphin receptors, are the same areas of the brain involved most intimately with learning and memory.

Dr. Aryeh Routtenberg, of Northwestern University, located these pleasure centers in the brain and noted [T]he evidence clearly shows that the brain reward pathways play an important role in learning and memory...I have speculated that the pathways of brain reward may function as the pathways of memory consolidation.





By this I mean that when something is learned, activity in the brain reward pathways facilitates formation of memory...evidence for the reward effects of localized electrical stimulation...and for the association of reward paths with memory formation indicates that the neural substrates of self-stimulation play a vital role in the guidance of behavior. (42)

Scientists now know of at least seven chemicals in the endorphin family that have effects on memory and learning.

Endorphins, according to neuroscientists, “serve as the body’s ‘natural reward system,’ providing us with a rush of pleasure whenever we learn something or act in some way that is conducive to our survival as a species.” (43)

This means that new belief systems designed to effect desirable behavior changes, if presented to the mind when it is flooded with endorphins, may be perceived as beneficial and adopted as such—a powerful boost to any behavior modification protocol.

Dr. Candice Pert of NIMH, the discoverer of the opiate receptor, has also described this process, noting that “the endorphins, our natural opiates, are a filtering mechanism in the brain.

The opiate system selectively filters incoming information from every sense—sight, hearing, smell, taste, and touch—and blocks some of it from percolating up to higher levels of consciousness.” (44)

Scientists now believe that the moment when learning takes place—the “aha” moment—is that moment when a particular reality has been selected and

filtered by our endorphins and is suddenly apprehended by our brain in such a way that we learn something new.

This learning being rewarded by a flood of endorphins along our pleasure-learning pathways. (45)



The production in the brain of alpha and theta patterns is also correlated with the relaxation response—the mirror image of the more well known fight or flight response.

The fight or flight response takes blood flow away from the brain and toward the periphery of the body, floods the bloodstream with sugar, and increases heart rate, blood pressure, and respiration rate in order to prepare one for defense or flight.

In this state, learning ability, as well as other mental functions including problem solving and reasoning ability, are inhibited.

The relaxation response, on the other hand, mobilizes us for inward activity by reducing heart rate and blood pressure, relaxing muscles, and increasing the percentage of oxygen flowing to the brain.

As one might expect, the fight or flight response is accompanied by low-amplitude, high-frequency beta brainwave patterns, while the relaxation response, so beneficial to learning and problem solving, is accompanied by high amplitude, low frequency alpha and theta rhythms. (46, 47)

When we use sound technologies to induce these slower brainwave patterns, we also induce the relaxation response, another possible reason for the increases in learning ability noted by so many researchers.

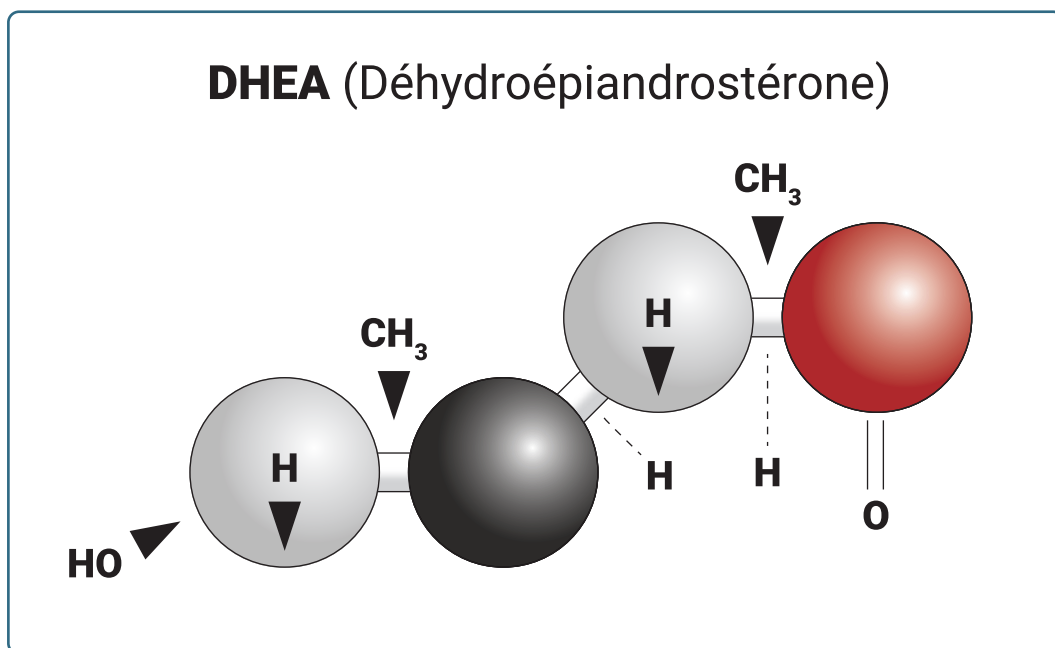
The Effect on Hormones

A recent study performed by Dr. Vincent Giampapa, M.D., former president of the American Board of Anti-Aging Medicine, revealed that placing a listener in the alpha, theta, and delta brainwave patterns using Holosync audio technology dramatically affects production of three important hormones related to both increased longevity and well-being: cortisol, DHEA, and melatonin.

Cortisol is a hormone produced by the adrenal glands. According to Dr. Giampapa...

...cortisol is the major age-accelerating hormone within the brain.

It also interferes with learning and memory and has, in general, negative effects on health and well being.



DHEA is also produced by the adrenal glands. It is a precursor, or source ingredient, to virtually every hormone the body needs. DHEA levels are a key determinant of physiological age and resistance to disease.

When DHEA levels are low, we are more susceptible to aging and disease; when they are high, the body is at its peak—vibrant, healthy, and able to effectively combat disease.

DHEA acts as a buffer against stress-related hormones (such as cortisol), which is why as you get older and make less DHEA you are more susceptible to stress and disease. A study published in the New England Journal of Medicine (December 11, 1986) found that a 100 microgram per deciliter increase in DHEA blood levels corresponded with a 48% reduction in mortality due to cardiovascular disease—and a 36% reduction in mortality for any reason.

“

Do Things Upset You More Than They Should?

I have been using Holosync for a couple of years. I have suffered from depression almost my whole life (I just turned 50) and I can honestly say that holosync is better than any antidepressant on the market.

~Marsha Jacobson

”

Melatonin is a hormone associated with the creation of restful sleep. We make less of it as we age, and since during sleep many important rejuvenating substances are created in the brain, the inability to sleep soundly can dramatically decrease the quality of your life and greatly accelerate aging.

- Dr. Giampapa found the following changes in levels of melatonin, DHEA, and cortisol in 19 users of Holosync audio technology listening four hours a day over a three-day period:
- Over 68% had increases in DHEA levels, with an average increase of 44%. Several participants had increases of 50, 60, even 90%.
- Cortisol was down an average of 46%, with positive changes in 68% of the people, and with several participants having decreases of 70 or 80%.

Melatonin levels increased an average of 98%, with positive changes happening in over 73% of the participants. Many had improvements of 100%, 200%, even 300%.

Pushing the Brain to Change

In addition to the effects described above, there is an even more remarkable generalized effect when brainwave patterns are slowed into the alpha, theta, and delta ranges.

Slowing of brainwave patterns increases electrical fluctuations in the brain, changing the neural structure and pushing the brain to reorganize itself at higher, more complex levels of functioning.



This reorganization process is predicted by the work of scientist Ilya Prigogine, 1977 Nobel Prize-winner in chemistry. Prigogine's work has been applied to all changes in all kinds of open systems—everything from a seed germinating, to a corporation expanding, a highway system growing, a cell dividing, or a human being experiencing behavioral or emotional changes.

The human brain is the ultimate open system, constantly exchanging energy with its environment.

Up to a point, the system can handle all kinds of fluctuations. But if the input becomes too much, the system is pushed past its limits and the system reorganizes itself at a higher order.

A runner, for instance, gives more physical input to his body than it can handle, and it responds by reorganizing itself at a higher level that can handle this increased input—which we call “getting in shape.”

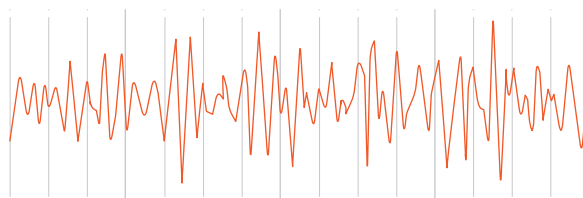
Using binaural beat technology to change brainwave patterns causes a similar effect in the brain.

The alpha, theta, and delta brainwave patterns are states of great fluctuation in the brain. A graphic representation of these brainwave patterns shows that the amplitude (the height of the waveform) increases as we move from alpha to theta to delta.

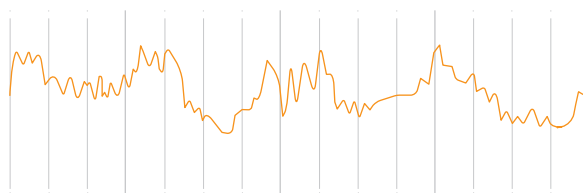
In other words, the amount of fluctuation increases. These increased fluctuations are more than the nervous system can handle with its current structure, and the brain responds by reorganizing itself at a higher, more complex level of functioning.

It does this by creating new neural pathways within itself, creating increased communication between parts of the brain that previously were not communicating.

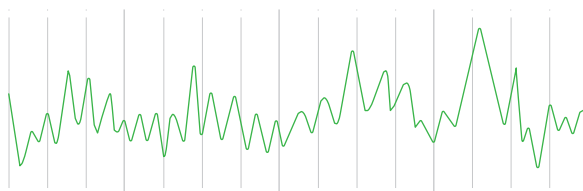
Five Categories of Brain Wave Patterns



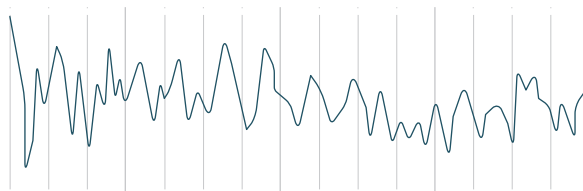
Gamma (30-100 Hz)



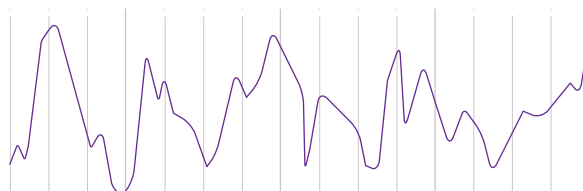
Beta (14-29.9 Hz)



Alpha (8-13.9 Hz)



Theta (4-7.9 Hz)



Delta (0.1-3.9 Hz)

Synchrony

This synchrony brings with it many remarkable changes.

As noted earlier, Lester Fehmi, of the Princeton Biofeedback Research Institute, has stated that “Synchrony represents the maximum efficiency of information transport through the whole brain.” (49)

As demonstrated earlier in this paper, there are two main effects of reorganization and increased synchrony in the brain.

One is an increase in various mental capabilities: increased learning ability, creativity, mental clarity, intelligence, intuition, and so on.

Second, each time the neural structure changes, positive changes in mental and emotional health occur.



As the brain reorganizes at the next level of functioning, the subject's model of the world changes with it.

With the creation of new neural pathways, connections are perceived between bits of information that previously seemed unrelated, and more choices are available.

Herein lies the theoretical explanation for the amazing personality changes that researchers have reported in subjects using sound technology similar to Holosync to change brainwave patterns.

Clearly we are on the frontier of a marvelous new field with untold possibilities.

The ability to map and entrain brainwaves, and the states they represent, gives us a powerful new tool to effect human change and growth.

It has been shown that induced brainwave states can cause superlearning, increased creativity, induce sleep, control pain, modify behavior, focus attention, relieve stress, increase memory, and dramatically improve mental and emotional health.

Centerpointe Research Institute is proud to be at the forefront of this new and exciting field. We invite you to join us as we leap into the 21st century.





The Holosync Solution

How One Hour a Day Becomes the Best Hour of Your Day

**By Bill Harris, Founder
Centerpointe Research Institute**

Whether you've experienced Holosync yet or not, describing the amazing benefits of simply listening to Holosync poses something of a dilemma. Not because the benefits of Holosync are hard to describe. They're not. They're clear, concise, numerous, and scientifically documented.

Right now, let's look at some very specific results you'll likely enjoy soon after beginning your Holosync experience.

The dilemma is that when some people hear about everything Holosync can do for them, they're tempted to think it's some sort of a "magic pill" that simply can't live up to its claims. (Since Holosync is based on pure science, nothing could be further from the truth.)

The powerful benefits of Holosync come from its ability to quickly and easily put you into states of deep meditation without the years of intense practice traditional methods require.

So please. Just keep an open mind as I show you how meditating with Holosync will improve your life.

The Many Benefits of Holosync

Hundreds of research studies have proven the many benefits of meditation, and Holosync accelerates the results by a factor of 8x, giving you a super-deep meditation, literally at the touch of a button, for:

- Increased neurochemicals proven to slow aging and keep the body young, alive and fully functioning
- Improved health and a new sense of mental, emotional and physical well-being
- Improved mental abilities, heightened creativity and problem solving ability
- Increased focus, concentration, memory and learning ability
- Healing of unresolved mental and emotional blocks
- Dramatic reduction in stress and anxiety
- More happiness and “flow” in your life
- Increased motivation and confidence
- Better, more restful sleep

I’ll explain HOW all this happens in a minute. But first, let me tell you WHAT happens.

This may sound like science fiction from the 1950s, but it’s actually cutting edge science of the new millennium. Imagine, if you will, plugging your brain into a specially mastered soundtrack containing a powerful, but absolutely safe, audio technology that launches you into an incredible experience of deep meditation so powerful, it immediately begins to create profound, positive changes...

...in the structure of your nervous system and your life!

Holosync automatically creates the brainwave patterns of deep meditation, allowing you to experience the benefits of traditional meditation, but much more quickly and easily. In fact, you begin benefitting immediately, the very first time you listen.

This is why Holosync has become one of the most widely used personal growth and emotional healing tools in the world.

As I promised, here is HOW Holosync creates amazing changes in your mental and emotional health, sleep, stress reduction, creativity, memory and more:

- Creation of new neural pathways between the right and left brain hemispheres, leading to “whole brain thinking”
- Significant reductions in how much cortisol your brain produces (this is commonly called the “stress hormone”
- Increased production of melatonin, critical for restful sleep, and a powerful antioxidant
- Increased production of human growth hormone (HGH) resulting in dramatic slowing of the aging process, more vigor and vitality, and reduction of age related illnesses and diseases
- Increased production of DHEA, a source ingredient of nearly every hormone your body needs and a key determinant of your body’s health and vitality
- The release and falling away of dysfunctional mental and emotional patterns (anger, fear, anxiety, depression, sadness, substance abuse, self limitations, etc.)—even those that have stubbornly resisted other methods
- Raises your “stress threshold” sky-high, so you easily take in stride what once overwhelmed you



Holosync Makes You Look and Feel Younger

Here's the scientific reason why: Researchers at the University of Wisconsin announced to the media in 1990 that they had injected synthetic growth hormone into a small group of elderly men between the ages of 61 and 81. The result was a sudden rejuvenation that...

...reversed biological aging by as much as 20 years!

These treatments were, unfortunately, very expensive (about \$14,000 a year) and the effects disappeared when the treatments were discontinued.

But you can stimulate the production of this and other beneficial substances, easily and safely, by exposing yourself for a little while each day to our revolutionary Holosync technology!

“

Younger and More Energetic

There isn't even a way to tell you here about everything I've experienced through this system. Sleep better, happier, more productive, much MUCH more creative; that's just a short list. My doctor told me last month that he thought I was getting younger instead of older! He was joking of course but I think he is really curious about why I look and feel so much healthier. Thank you so much. You have a lifelong fan in me!

~Carol Weiner, Omaha, Nebraska

”

Let's look at a few key hormones and how they're affected by meditation.

Cortisol is a hormone naturally produced by the adrenal glands. According to Dr. Vincent Giampapa, past-president of the American Academy of Anti-Aging Medicine, cortisol is the major age-accelerating hormone. It also interferes with learning and memory and too much cortisol is, in general, bad news for your health and your well-being.

Cortisol is the “stress hormone.” The more of it you have, the more stressed you feel...the more susceptible to disease you are...

...and the faster you age!

DHEA, another hormone produced by your adrenal glands, is a precursor, or source ingredient, to virtually every hormone your body needs. DHEA level is a key determinant of physiological age and resistance to disease.

When DHEA levels are low, you’re more susceptible to aging and disease. When DHEA levels are high, the body is at its peak—vibrant, healthy, and able to combat disease effectively.

DHEA acts as a buffer against stress-related hormones (such as cortisol), which is why as you get older and make less DHEA, you’re more susceptible to stress and disease.

“

Look and Feel Younger Every Day

Thank you for your email. I love the programme and am getting so much out of it that I have recommended it to friends. In any case, I’d like to add my voice to those that say how wonderful this programme has been for them. People at work are commenting on how much younger I’m looking and want to know what diet I’m following, because I seem to have such a zest for life now!

I find I am much calmer and am able to step back a little and observe what’s happening rather than simply react to a situation. As I teach 16-17 year olds who have special educational needs, my job is very stressful —or at least it used to be. I now find I’m much more able to deal with situations effectively without becoming stressed.

~Chris

”

A third hormone, melatonin, helps create restful sleep. We make less melatonin as we age, and since it's during sleep that many important rejuvenating substances are created in the brain, the inability to sleep soundly can dramatically decrease the quality of your life and greatly accelerate the aging process.

Research also reveals that melatonin isn't just "the sleep hormone"—it's also a powerful antioxidant, even more powerful than Vitamin E.

Holosync & Your Hormones

Research performed by Dr. Vincent Giampapa, M.D., a prominent anti-aging researcher and past-president of the American Board of Anti-Aging Medicine, revealed that Holosync technology dramatically affects production of three important hormones related to increased longevity, stress, and enhanced well-being: Cortisol, DHEA and Melatonin. In 1998, Dr. Giampapa conducted a small study of 19 Holosync users, which demonstrated that only a few days of Holosync use caused DHEA and melatonin levels to soar, while levels of harmful cortisol dropped!

What Does This Mean to You?

It means that listening to soundtracks containing Holosync technology not only dramatically lowers stress by regulating the biochemical source of stress, it also means that Holosync slows the aging process and...

...increases longevity and well-being!

By the way, Dr. Giampapa's research subjects were listening to the exact same soundtracks you'll be listening to in the Holosync Solution program.



Pretty exciting, don't you think?

Over the many years this program has existed, I've consistently noticed that Holosync users looked (and reported feeling) younger and more alive. But until Dr. Giampapa's research, we didn't know exactly why. Now, we're beginning to find out!

It's something called brain synchronization—and I'm going to tell you how achieving it through your use of Holosync soundtracks can profoundly change the way you experience yourself and your world, increase your happiness and sense of inner peace, and allow you to...

...tap into genius-like abilities.

Whole Brain Functioning

As we use Holosync to slow the brainwaves from beta to alpha to theta to delta, there is a corresponding increase in balance between the two hemispheres of the brain. This more balanced brain state is called brain synchrony, or brain synchronization.

What this means to you: As your brainwaves slow and your brain becomes more balanced, you more and more tap into what scientists call "whole brain functioning."

Whole brain functioning is using both sides of the brain to think in a more coherent way.

It's like thinking in stereo. It gives you a kind of meta-awareness, a new perspective—a view from a higher spot on the mountain.

Whole-brain functioning is associated with increased creativity...insight...earning ability...problem solving ability...memory...and what some people call...vision!

This type of brain function has been associated with geniuses—the Einsteins and Mozarts of the world.

Quite frankly, I suspect it's the same type of higher brain function of, say, Stephen Covey, Walt Disney, Stephen Hawking, and other creative, high-performance individuals like them.

“

Great Men and Women of History

Neurologist Jerre Levy of the University of Chicago said, "Great men and women of history did not merely have superior intellectual capacities within each hemisphere [of the brain]. They had phenomenal level of emotional commitments, motivation, attentional capacity—all of which reflected a highly integrated brain in action."

”

As amazing as it may seem, we now have an effective—and easy method—for tapping into this kind of whole brain, integrative, super-functioning, high-performance, creative thinking—a level of brain functioning that up until now has been reserved to...



...one-tenth of one percent of humankind!

Are you beginning to see how exciting this is?

This is exactly the state many people call being “in the zone,” where you’re functioning at the top of your game!

And it’s now possible to get there—easily!

Synchronizing your brain can quite simply catapult you to much higher levels of effectiveness in your life.

How did these great thinkers and leaders achieve this brain integration? I truly don’t know. Some people come by it naturally. But I do know...

...how you can do it!

Another scientist called brain synchronization “extremely beneficial, with each subject feeling as if his or her mind had reached a higher level of integration, with accompanying increases in mental powers and an *unmistakable reorientation toward life.*”

You may not end up a genius, but then again...who knows? I do know this: Those who use this technology routinely tap into a whole range of remarkable abilities...

...they didn't know they had!

And don't forget, the super-deep meditation and brain synchronization you'll experience with this technology creates some truly amazing changes in mental and emotional health.

Anger, depression, sadness, anxiety, substance abuse, and a whole universe of dysfunctional feelings and behaviors fall away—even in people who have “tried everything” without success!

Here's how you can create those same changes in yourself.

So you can get the maximum benefit from this powerful technology, we've created a comprehensive program called The Holosync Solution™.



Awakening Prologue

The initial level is called Awakening Prologue and includes several powerful Holosync soundtracks, comprehensive support materials and services and a huge package of introductory materials explaining the program and what's likely to happen as you use it.

And get this: Awakening Prologue also includes...

...unlimited personal coaching from our highly-trained professional coaching staff.

“

An Incredible Value

I thought you'd made a mistake when I received another set of soundtracks. But when I learned they were another free bonus, I was amazed. Between all the extra bonuses, your regular (and informative) emails, and the caring support I get from your staff, I wish I had gotten Holosync the first time I saw it.

*You and your product really do deliver more than you promise.
~Brenda T.*

”

Here's what happens as you use Awakening Prologue:

You sit comfortably, with closed eyes, listening to Holosync with stereo headphones. Each time you listen, Holosync gives your nervous system a very specific audio stimulus through each ear, affecting a part of your brain called the olivary nucleus, taking you into a state of super-deep meditation.

In order to process and handle this stimulus, your brain creates new neural pathways between the left and right sides of the brain. Over time, your brain creates a new structure that can easily handle the stimulus we're giving it.



The creation of these new neural pathways has three results:

1 The creation of the “whole-brain thinking” I discussed before, creating all the improvements in mental abilities already discussed.

Remarkable changes in your mental/ emotional health, your ability to handle stress, and your ability to connect with others.

2 A very pleasurable experience during listening—and often for some time afterward. Listening puts you into a deep meditative state that will, quite frankly, absolutely astound you.

3 While you listen, your brain produces some very pleasurable neurochemicals, including endorphins (the same endorphins responsible for “runner’s high”)... and, as we’ve seen, some that have a profound effect on longevity, aging, stress, and well-being, such as DHEA and melatonin.

So-called dysfunctional feelings and behaviors gradually fall away, and life becomes *much different* (and much better)!

Your life will come into balance in a way you never could have imagined, and your level of happiness and inner peace increases dramatically—no matter what your life is like now.

But this is just the beginning.

Deeper Levels: The Magic Behind Holosync's Amazing Long-Term Effectiveness

At a certain point (generally after about four months), your nervous system will finish creating the new structure it needs in order to handle the Holosync stimulus it's been receiving from Awakening Prologue.

At that point, you're like the runner who's been running two miles a day for several months, and now two miles has become easy, because the body has created the physical structure it needs to handle it.

So you start to run three or four miles a day and your body again begins to create a new structure to handle what you're throwing at it.

“

Sleep Less, Feel Better and Have More Energy

I look forward to my time with Holosync in the morning— the time passes so quickly, and since I am on this program I require much less sleep, and go to bed at night still feeling energized.

That is what has amazed me.

This program has given me longer days to accomplish the things I love doing. It's like getting a 30-hour day. Incidentally, for your record, I am fast approaching my 77th birthday, and life has never looked so good!

~Darlene

”

It's the same with your brain and Holosync deeper levels. When it seems that Awakening Prologue is no longer pushing your system to make changes, you can decide to move on to a deeper, more powerful level of Holosync.

The changes you've already made are permanent...

...and you don't have to move on, but if you're amazed by them and want to experience more, Holosync is the only program of its kind to offer deeper, more powerful levels.

Your next Holosync Deeper Level will take you into the same alpha, theta, and delta brainwave patterns as before, but we do so using what's called...

...a lower carrier frequency.

The carrier frequency is what the precise "sine" wave tones of the Holosync stimulus "ride" on. Many years ago I discovered that lowering the carrier frequency makes the technology much stronger.

The lower carrier frequency increases the stimulus to the brain. It also creates an even deeper meditation experience...and a new and deeper level of positive change.

This incredible secret of carrier frequency is the "Master Key" to getting the greatest benefit from this type of technologically enhanced meditation and...

...no one else in the neurotechnology field is doing it!

Let me be very clear, though, that each level is complete within itself and there is no obligation to continue to the next level—unless (like most people) you find yourself saying "Wow! This is very amazing and I definitely want to continue this process."



Finally, You Might Be Asking: Is This Program Safe?

Are there any long-term dangers to using Holosync?

Not unless you find increased happiness, greater peace of mind, improved mental functioning, greater self-awareness, better emotional health, and a feeling of greater aliveness dangerous!

At this point nearly over two million people all over the world have used Holosync audio soundtracks to improve their lives. So far, I'm not aware of anyone who has reported any negative results (other than a little bit of discomfort from time to time as part of the emotional upheaval and healing process).

The program has been heartily endorsed by scores of doctors, naturopaths, and mental health practitioners, as well as many other leaders in the personal growth field, including even world-famous Zen teachers and Zen masters!

We feel very confident, after over 30 years of investigation and hundreds of thousands of hours of use (not to mention at least 12 years of research in this field by others prior to my own involvement), that the Holosync Solution is 100% safe and will deliver to you an absolutely remarkable, positive, life-changing experience.

“

Still Thinking About It?

Bill, I have one complaint about Holosync and I just have to get off my chest. I got your demo about a year ago. When it came, I put it on my desk and planned on trying it in a day or two. Well, life got in the way (doesn't it always?) and a day or two turned into weeks—then months.

Finally, after about six months, that blue envelope caught my eye and I tried the demo. To be honest, the demo was interesting, but certainly not life-changing. But, the information you sent with the demo combined with your one-year money-back guarantee convinced me to give it a try.

Well, I've been using Awakening Prologue for a while now and all I can say is WOW!

Oh yeah, my complaint...I wish you had done something to get me to try it sooner (like come to my house and make me try it).

I could have been feeling this good months ago!

~Marcia M.

”

Talk With a Real Human Being

I hope you'll let The Holosync Solution be the new beginning you've been searching for. Now is the time to get started. It's so easy!

If you need help of any kind, we have a gifted team of Accelerated Results Coaches to help you.

Call us at 503-672-7117 from 9:00am to 4:30pm (PST) Monday-Friday.
Or email us at support@centerpointe.com.

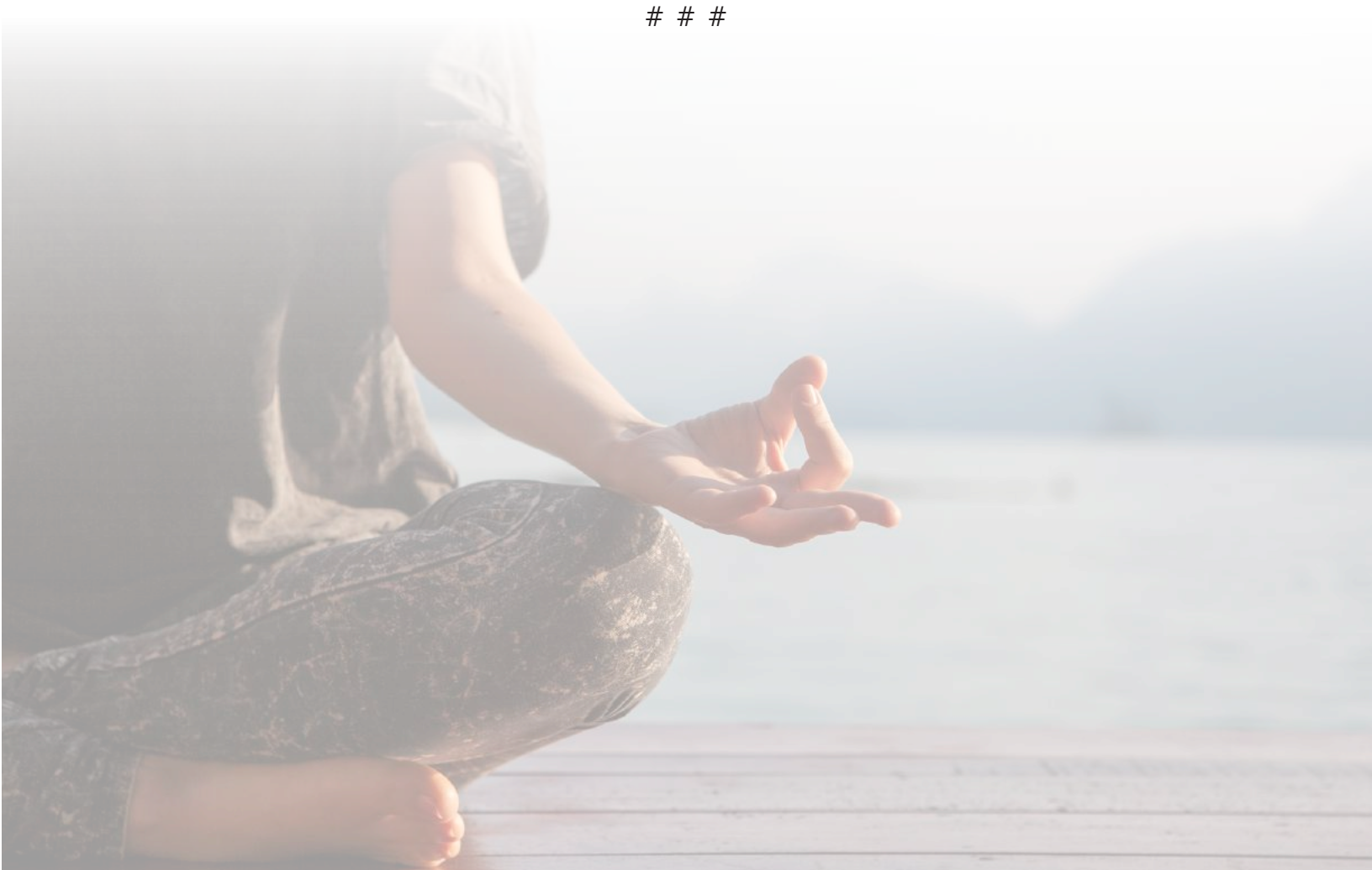
You'll be glad you did.

Be well,



Bill Harris, Founder
Centerpointe Research Institute
(1950-2018)

#



365-Day Better Than Risk-Free Guarantee!



**We guarantee Awakening Prologue
for a full year.**

Any time during your first year, if you aren't convinced this is the most incredible growth tool you've ever used, and that it does everything I've described here, just return it and we'll cheerfully and quickly refund your payment.

You can still keep all the free bonuses we give you, including all the written and audio materials as my gift to you just for trying Awakening Prologue.

Listen, a money-back guarantee is only as good as the company offering it. Centerpointe has been helping people just like you for over 30 years. Our reputation was built by the millions of people who have used Holosync to improve their lives as well as the handful of people who have requested and quickly received refunds.



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