

Super Learning & Memory Suite

Instructions

Thank you for purchasing Centerpointe's Super Learning & Memory Suite!

Centerpointe's neuro-audio technologies lab has produced this set of three high quality extraordinary downloadable soundtracks (plus a fourth bonus track) using the powerful Holosync neuro-audio technology specially designed to help you:

- Learn and retain information while studying and reading
- Remember what you studied, significantly increasing your retention and recall
- Mentally organize large amounts of information in a short amount of time
- Prepare for situations where you need to be mentally "on," and easily access important information and ideas you've studied and read
- Clear "brain fog" and reduce mental stress
- Develop enhanced, "laser-like" memory
- Stoke creative inspiration and help you solve challenging problems with ease

Whether you're a student, a creative thinker, or just want to improve your memory and mental clarity, Super Learning & Memory Suite gives you the edge you need to learn, remember, and retain information in much less time and effort than depending solely on caffeine or other chemical enhancements or stimulants.

Using the powerful, proprietary Holosync neuro-audio technology embedded under your choice of soothing music or gentle ocean waves, this suite of three audio soundtracks is designed to create significant improvements in memory, focus, retention, and recall. Each track is presented in high bitrate mp3 format (320 kbps) and can be played on any computer smartphone, or media device capable of playing mp3s.

Your Super Learning & Memory Solution suite comes with three soundtracks expertly designed by Centerpointe neuro-audio technology sound engineers:

- Ultra Focus & Learning
- Super Memory Stabilizer
- Laser Memory Recall

You also get a fourth bonus soundtrack, exclusively for Centerpointe clients:

- Eureka Moment

Please read the following instructions carefully before using any of the Super Learning & Memory soundtracks. (If you purchased only one or two of the soundtracks, please skip to the instructions specific to those tracks)

And remember: Stereo headphones or earbuds are required, and **never listen to brain wave-altering tracks while driving.**

Ultra Focus & Learning Instructions

The ultimate “super learning” track, Ultra Focus & Learning puts your brain into the ideal learning state - the “zone” - so you can retain more information in a shorter amount of time. Ultra Focus & Learning induces brain wave patterns associated with enhanced learning and memory by placing your brain in an extended light alpha state, ideal for focus and concentration and keeping your brain focused and free of distraction.

You can listen to Ultra Focus & Learning in an upright or reclining position, while reading or studying to super-charge your ability to focus and retain information. **Listen to Ultra Focus & Learning once-through, or on repeat for up to three full hours.** Listening daily optimizes your brainwaves for learning and retention.

Note that this track can also be used for general relaxation and light meditation sessions.

Super Memory Stabilizer Instructions

Listening to Super Memory Stabilizer helps you organize and retain complex information for easy recall later. This track uses brain wave patterns associated with deep learning - the kind of learning that helps the brain organize and store important information in long-term memory for easy access later. This track draws your brain into a deep theta brain wave state and includes powerful “silent” affirmations, encoded using Centerpointe’s proprietary Autofonix technology specially selected to improve your ability to learn, organize, remember, and access information quickly and easily.

Sit back and relax while listening to Super Memory Stabilizer once-through, with stereo headphones, to help your brain retain and “stabilize” important information you’ve been reading or studying. **For best results listen while in a seated or reclining position. Especially helpful right after studying or reading to improve overall retention.**

Note, it’s common for some listeners to drift off to sleep due to the relaxation effects of this track.

Below is a complete list of affirmations encoded and looped on your Super Memory Stabilizer soundtrack. (Note that most users will not audibly detect the verbiage due to the Autofonix encryption method we use).

I easily remember all information I study
Learning and remembering names and terms comes easily to me
Learning and remembering numbers and dates comes easily to me

Learning and remember math concepts comes easily to me
Learning and remembering ideas and concepts comes easily to me
Learning and remembering new languages comes easily to me
My memory and recall is razor-sharp
Whatever I read I remember
I see the connections and patterns in complex information
I can remember virtually anything I focus on
All information I am exposed to I remember and can recall
My recall is superb
My brain absorbs all information for easy recall anytime I want
I am exceptionally intelligent
I am open to all new information and knowledge
I am passionate about learning
I can easily store and access any information I study
I remember what I read ('read')
My mind retains detailed information
I easily recall details and facts
Everything I read is stored in my brain and is easily recalled
I absorb knowledge easily
I have an excellent memory
I learn quickly and remember details with ease
I am a quick learner
I easily focus on what I need to study and absorb
Learning is enjoyable and exciting for me
I am fascinated by new ideas
I am confident in my memory and recall
My critical thinking skills are superior
My creative problem-solving skills are superior
I learn from all of my experiences in life
I enjoy learning from other people
I listen carefully and pay attention in order to learn
I make sure I eat a healthy diet and get enough sleep to keep my mind sharp
I take care of my brain
I stay curious and open in order to learn
I know I can learn anything I put my mind to
I enjoy doing research and remember what I've learned

Laser Memory Recall Instructions

Ready for the big test? Got an important presentation to do? Are you prepared for the meeting with the boss first thing in the morning? Before that, spend 30 minutes listening to Laser Memory Recall while seated in a reclining position or lying down to ensure that you perform at the optimal level. This track is designed to both calm your nerves, and also help you show up "in the zone," ready, and clear-minded. This track is uniquely designed to tap into information

stored unconsciously during your study and reading sessions and make it accessible when you need it most.

Laser Memory Recall is ideal for resolving “brain fog” and generating crystal clear mental clarity. It’s also great for general relaxation and reducing mental anxiety and stress. Listen with headphones once through, or up to three times a day, and you’ll be able to easily and calmly access stored information so you can ace that test, shine during the presentation, or clear your mind of distracting thoughts to focus on the task at hand. Laser Memory Recall gently draws brain waves down to a 4 Hz target state, ideal for accessing deeply stored information, and then brings the brain back up to a more alert and refreshed state as the listening session ends.

Laser Memory Recall is most effective when listening within an hour of your test or presentation.

(Note: some users report a very heightened and energized brain state after listening, so listening right before bedtime is not advised.)

BONUS TRACK:

Eureka Moment Instructions

Are you the creative type? A writer, athlete, musician, or artist? Are you always looking for creative solutions to life’s problems? Are you up against a problem that seems unsolvable? Eureka Moment is about to become your favorite audio resource for generating creative ideas and solutions to virtually any vexing issue. This unique soundtrack is specially designed to trigger your inner artist and stimulate the brain to generate “a-ha!” moments. Listening once-through not only helps tap into your brain’s inner creative genius, it supercharges your mental energy “cleanly;” without any artificial or chemical stimulants like sugar and caffeine. Plus, it can trigger the brain to produce a lot of “feel-good” neurochemicals to provide a natural mental “high.”

Listen once through with stereo headphones while seated in a relaxed position or lying down. This track will bring your brainwave patterns down to a deep and relaxing state and then finish with a steep “up ramp” at the end, leaving you feeling mentally energized and inspired.

We sincerely hope you enjoy and benefit from your Super Learning & Memory Suite soundtracks. Please feel free to contact our Support Team if you have any questions, or if you’d like to share your feedback about these tracks. You can call us at 503-672-7117 M-F from 9am to 4:30pm Pacific Time, or email support@centerpointe.com