

Total Trauma Relief

Healing & Recovering From Mental & Emotional Wounds

Welcome...

...to Total Trauma Relief, a suite of Holosync-powered audio soundtracks and personalized coaching support specially designed to help heal, and release negative emotions, memories, and thoughts tied to trauma-based experiences.

(Please read the following information and detailed instructions carefully. To download your soundtracks and view a handy Welcome Video, [click here](#) to visit the download page).

Nearly all of us will experience some form of trauma in our lives. And for over 60% of us, that trauma was experienced in childhood. In addition to the trauma from experiences like physical, sexual, or emotional abuse, we can also suffer trauma from neglect, the sudden loss of a loved one, poverty, community or family violence, war, or natural disasters.

But whether we've endured trauma as children or adults, the impact of trauma goes far beyond the experience itself. So when we talk about healing trauma, we have to do more than just water-down or erase memories of the past. We also have to address the impact trauma may still be having on our lives today.

Trauma creates problems that ripple out beyond the event through a wide range of dysfunctional and even harmful beliefs and behaviors. Even if the traumatic experience is far in the past, trauma can continue to negatively impact our lives for years to come.

Any kind of traumatic experience can interfere with our relationships, ruin our self-

confidence, implant toxic internal self-talk, and leave us susceptible to unhealthy habits and coping mechanisms like alcoholism, eating disorders, or substance abuse.

Trauma sufferers are more likely to deal with feelings of anger, despair, heartache, sadness, guilt, anxiety, and frustration. Trauma can keep us in a constant state of hypervigilance, always in fight or flight, never able to fully and truly relax.

Healing trauma is not easy. While some find relief and improvement with therapy, medication, or other conventional treatments, healing can take years of effort and energy. It's no wonder that many people simply resign themselves to living with their trauma, silently suffering, never able to break free from it.

But here at Centerpointe, we know that it's possible to truly heal from trauma and to reclaim your happiness and peace of mind from the clutches of the past.

That's why Centerpointe is proud to present the first ever collection of audio soundtracks designed from the ground up specifically to help heal trauma.

That sounds like a big promise. How can Holosync help heal trauma?

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How Does Holosync Help With Trauma?

Holosync is an exceptionally effective tool for helping to heal trauma and any kind of emotional wounding because it does three crucial things:

1) Holosync Uproots & Flushes-Away Deeply-Stored Trauma

Trauma sufferers often repress the dark and heavy thoughts and sensations associated with their trauma because they simply don't know how to cope with their intensity. Repressed and unresolved mental and emotional material not only keeps us anchored to our past trauma, it can also create cycles of dysfunctional and unhealthy thoughts and actions. So it's imperative that any form of trauma healing includes the uprooting of that deeply-stored material.

Holosync can help access and release even the deepest unconscious memories and feelings. Holosync uses a proprietary audio technology that allows us to access very low states of consciousness and help uproot and flush-out old, unresolved mental and emotional material.

Because it alters brainwave activity quickly and effectively, Holosync can target extremely deep states of consciousness, sometimes referred to as "epsilon waves," where some researchers believe we keep the darkest and heaviest of our repressed memories, fears, and feelings.

With Holosync, it's possible to not only access this old unresolved material, but to heal and release it once and for all.

2) Holosync Soothes the Limbic System

Trauma sufferers often endure a terrible by-product of their negative experiences: They can't relax. Their brain is stuck in a near constant state of "red alert," hypervigilant, always scanning the environment for threats and dangers.

This is called hyperarousal, it is the primary defining symptom of trauma and PTSD, and it's a devastating way to live.

Hyperarousal is marked by an overactive limbic system - a part of the brain that handles our fight or flight response and helps us regulate our emotions. An overactive limbic system causes us to feel reactive, tense, jumpy, and constantly nervous and anxious.

Holosync helps soothe the limbic system, reducing limbic activity, and shifting activity to the prefrontal cortex - a part of the brain that helps us make calm, careful decisions and healthier choices.

A relaxed limbic system means a relaxed state of mind, less reactivity, more peace, and better mental and emotional health.

3) Holosync Raises the Stress Threshold

Everyone has a threshold for how much stress they can handle. When stress exceeds that threshold, we feel overwhelmed. And as you may have already guessed, it causes the limbic system to go into overdrive. When we're over our threshold, we can feel upset, tense, angry, fearful, and reactive.

We all feel overwhelmed from time to time. But when we've suffered trauma our threshold becomes thin, weakened.

When your threshold is weak it doesn't take much stress to cause you to feel overwhelmed. Like a pressure cooker, as the stress inside us begins to build, we can quickly find ourselves struggling to cope.

Most therapeutic approaches to this problem focus on ways of reducing the stimulus that's pushing us over our threshold. Being able to relax and calm down is an important skill, but unless and until the real problem is addressed - a low, weakened threshold - we can still find ourselves frequently overwhelmed and exhausted.

Some forms of neuroaudio technology merely alter brainwaves. Holosync does more. It is a "neural driver." That means it can gently push and condition your brain

with enough stimulus to prompt the brain to adapt and grow.

This is similar to how your physical body - even a body that's been weakened by injury or illness - can be strengthened through physical therapy, weight training, or other forms of exercise.

Using Holosync allows you to get the same kinds of results, but on a mental and emotional level. Just as someone who exercises regularly sees their endurance and stamina increase, so too do Holosync listeners find their own mental and emotional resilience improve as their threshold for handling stress goes up.

This is invaluable to someone who has suffered with any kind of trauma. Healing and releasing the old unresolved mental and emotional toxins from the past is important. But when you can *also simultaneously strengthen the stress threshold*, your mental and emotional health improves in truly remarkable ways.

As you can see, Holosync is arguably one of the most effective tools for healing trauma.

Holosync Soundtrack Details & Usage Instructions:

Now that we know how powerful a tool Holosync is for helping to heal and release trauma, let's look at the specific Holosync audio soundtracks that come with the Total Trauma Relief Suite.

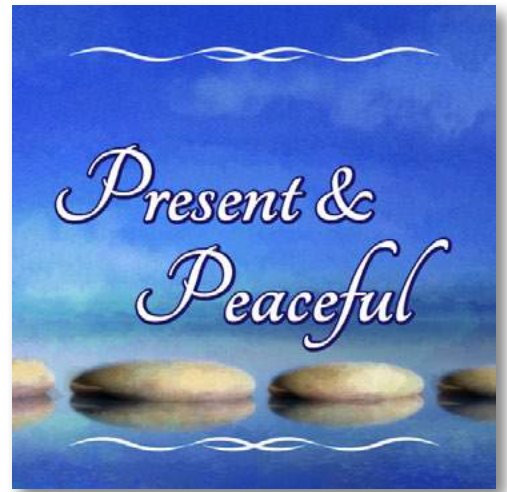
Your Total Trauma Relief Suite comes with four exceptionally powerful Holosync soundtracks designed to help you become present, heal and release old unresolved trauma, and become more mentally and emotionally resilient.

You can listen to any of the soundtracks at your convenience, or you can follow an easy to use 3-Step Listening Cycle which will yield excellent results in just a few sessions (see below for more info).

Each of the three main Holosync soundtracks is available in both a 30-minute "Deep Session" version and a 15-minute "Quick Session" version. You can choose either version for any listening session, but we recommend the 30-minute Deep Sessions as it yields the most significant healing results over time.

Soundtrack #1: Present & Peaceful

Too often, we're plagued by worries about the future or by replaying the past. Rarely are we really "in the moment," with our thoughts and feelings. But once we lock into the moment, we discover a place of centeredness and genuine peace. With Present & Peaceful, you can relax into a deeply calm and centered state where worries about the past and future fade away.



Present & Peaceful uses a deep and potent carrier wave embedded beneath soothing music to draw your brain into a relaxing delta state of 4Hz to help you find your center of peace, serenity, and calm. This soundtrack is ideal for releasing stored up bodily tension and feelings of anxiety.

Included is an affirmation script recorded in our proprietary Autofonix encoding method specially designed to help ground you in the moment and wash-away feelings of mental, emotional, and physical discomfort.

[Click here for a list of affirmations included in this soundtrack.](#)

You can listen to the full 30-minute "Deep Session" version, or the 15 minute "Quick Session" version of this track.

As with all Holosync soundtracks:

- Listen once or twice per day (or according to the 3-Step Listening Cycle)
- Listen with stereo headphones or earbuds
- Listen while seated (recommended) or reclining
- Listen in a distraction-free environment
- Listen at a comfortably low volume level (louder is not better)
- Never listen while driving or during activities that require your full attention
- Remember that not all listening sessions will feel the same. Holosync works regardless of your subjective experiences during any one session

Soundtrack #2: Release & Renew

The more impactful or extensive the trauma is in our lives, the deeper that trauma can take root. Sometimes we even unconsciously repress - and therefore cling to - the very toxic thoughts and feelings we want to heal and release. We harbor the heaviest and darkest of these thoughts and feelings in the cellars of our minds, accessible only at the deepest levels of consciousness.



But that doesn't mean our trauma is healed or released. It's still there, even if we're rarely conscious of it. And it can still show up in dysfunctional and unhealthy ways in our lives.

With Release & Renew, you have an exceptionally potent audio meditation session designed to help you uproot and release the deepest unresolved trauma or other negative memories, feelings, and sensations.

Release & Renew uses the very deepest of all brain wave states - epsilon waves. These exceptionally powerful brain waves, below 1Hz, are even deeper than standard delta waves.

Until now, Centerpointe has never offered soundtracks that use epsilon waves outside of our most potent of the deeper levels in the Holosync Solution Program. *This is the first time such deeply targeted brain wave states have been included in any of our Holosync Suites.*

Release & Renew includes affirmations recorded in our proprietary Autofonix silent encoding method to help you release old, repressed mental and emotional material.

[Click here for a list of affirmations included in this soundtrack.](#)

You can listen to the full 30-minute "Deep Session" version, or the 15-minute "Quick Session" version of this track.

Note that this soundtrack may produce mild catharsis, or the release of old, unresolved mental and emotional material. This is a natural part of emotional healing for some listeners. However, if intense feelings arise, feel free to discontinue listening until these emotional reactions subside (normally after a day or two).

As with all Holosync soundtracks:

- Listen once or twice per day (or according to the 3-Step Listening Cycle)
- Listen with stereo headphones or earbuds
- Listen while seated (recommended) or reclining
- Listen in a distraction-free environment
- Listen at a comfortably low volume level (louder is not better)
- Never listen while driving or during activities that require your full attention
- Remember that not all listening sessions will feel the same. Holosync works regardless of your subjective experiences during any one session

Soundtrack #3: Radiant Resilience

Resilience is, perhaps, the most important life skill. Being able to weather life's storms and be strong in the face of adversity means that you have what it takes to survive and thrive, no matter what. But traumatic experiences can lower our resilience - our threshold for handling stress. Science has shown that one of the simplest ways to improve resilience is through mindfulness practices.



With Radiant Resilience, you have a powerful and easy way to cultivate a mindset of resilience and inner strength. This soundtrack targets the theta brainwave state, a state of mental and emotional rejuvenation and empowerment.

Radiant Resilience includes affirmations recorded in our proprietary Autofonix silent encoding method to help you strengthen your stress threshold and experience more mental and emotional clarity and resilience.

[Click here for a list of affirmations included in this soundtrack.](#)

You can listen to the full 30-minute “Deep Session” version, or the 15-minute “Quick Session” version of this track.

As with all Holosync soundtracks:

- Listen once or twice per day (or according to the 3-Step Listening Cycle)
- Listen with stereo headphones or earbuds
- Listen while seated (recommended) or reclining
- Listen in a distraction-free environment
- Listen at a comfortably low volume level (louder is not better)
- Never listen while driving or during activities that require your full attention
- Remember that not all listening sessions will feel the same. Holosync works regardless of your subjective experiences during any one session

Soundtrack #4: Worry Reliever (Bonus)

When the worries of your day get to be a bit too much, our brains become overwhelmed and struggle to make healthy choices. So we often find ourselves relying on unhealthy coping mechanisms to get through.

With Worry Reliever, you have a healthy and non-addictive alternative and can rinse away the worries in just 15 minutes.



Worry Reliever brings your brain wave patterns up to a high gamma state. Gamma waves are associated with feelings of euphoria, joy, and well-being. Centerpointe listeners have reported that gamma wave soundtracks help them release troubling thoughts and feelings of sadness and anxiety. And best of all, it works within minutes. Try Worry Reliever the next time you're feeling upset or down and see for yourself!

Worry Reliever includes a very unique affirmation script recorded in our proprietary Autofonix silent encoding method to help you wash away worries and anxiety.

[Click here for a list of affirmations included in this soundtrack.](#)

Worry Reliever is available as a 15-minute soundtrack.

As with all Holosync soundtracks:

- Listen once or twice per day (or according to the 3-Step Listening Cycle)
- Listen with stereo headphones or earbuds
- Listen in a distraction-free environment
- Listen while seated (recommended) or reclining
- Listen at a comfortably low volume level (louder is not better)
- Never listen while driving or during activities that require your full attention
- Remember that not all listening sessions will feel the same. Holosync works regardless of your subjective experiences during any one session

The Three-Step Listening Cycle

You can listen to any of the soundtracks according to your needs and schedule. But for optimal results, we recommend using this simple Three-Step Listening Cycle:



You can listen to one track per day (along with Worry Reliever anytime), or all three tracks in sequence on any given day. Simply repeat the listening cycle for as long as you wish. If you miss a session, just pick up where you left off and continue the Listening Cycle.

Note that Present & Peaceful, Release & Renew, and Radiant Resilience are all available in both a 30-minute Deep Session and a 15-minute Quick Session. Deep Sessions are recommended as they produce the deepest and most effective results, but when you're short on time, feel free to try the Quick Sessions.

Exclusive Bonus: Accelerated Results Coaching & Support

Trauma isn't always easy to face. But you don't need to "go it alone." Holosync is a remarkably powerful healing tool, but with Total Trauma Relief you also get exclusive access to our team of supportive and knowledgeable Accelerated Results Coaches.

We've found that those who reach out for coaching and support significantly speed up and improve their benefits!

Our experienced and caring coaches are available to help you get the most out of your Total Trauma Relief soundtracks, provide perspective on any experiences you may have, provide tips and techniques for managing trauma, and support and encourage you along the way.

We recommend that you contact them once a week while working with your Total Trauma Relief soundtracks, but you can call or email anytime you have questions.

Our Accelerated Results Coaching Team is available Monday through Friday from 9am to 4:30pm Pacific by calling 503-672-7117 or email us at coaching@centerpointe.com.

(Note, our coaching line is not intended as a crisis hotline. If you're experiencing a medical or mental health crisis please call 911 or 988 immediately).

Some Things to Remember About Holosync Listening Sessions:

- Always use stereo headphones or earbuds with Holosync audio soundtracks. While the music or nature sounds can be enjoyed without headphones or earbuds, the Holosync neuro audio technology requires stereo separation to produce the desired effects.
- You do not need highly expensive audio gear to listen, (although the higher quality audio gear will usually sound better). Any standard stereo earbuds or headphones will work. The soundtracks can be played on any media device or smartphone that supports the mp3 format.
- All tracks are offered in high bitrate 320kbps mp3 format to ensure superb audio quality and effectiveness.
- When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.
- Never listen while driving, riding a bicycle or while doing anything that requires your full attention.
- Not every listening session will yield the same effect. Be prepared for some listening sessions to feel “deeper” or more eventful than others. Never worry about having a “wrong” experience. Your nervous system will provide whatever response it needs to at the time.
- Remember that there is a very wide range of possible benefits and effects of listening to Holosync soundtracks. While some listening sessions will provide an immediate benefit (such as relaxation or a heightened state of focus), other benefits manifest over time as your brain adapts and responds to repeated listening sessions. Be patient and enjoy the changes as they happen!

Frequently Asked Questions:

Q) “I hear a slight hum or buzz on my soundtracks”

A) That’s okay. What you’re hearing is Holosync. While you don’t need to hear it for it to be effective, some listeners will detect the audible presence of Holosync from time to time. Whether or not you hear it depends on many factors (your audio equipment, your hearing, what soundtrack you’re listening to, how loudly you’re listening, etc). *Again, it doesn’t matter whether or not you can consciously hear Holosync – it will still work.*

Q) “Why don’t I hear the affirmations?”

A) Affirmations are recorded using a proprietary encoding method called Autofonix. This allows us to modulate the sound of the human voice up to over 15,000 Hz, making it perceptible to the unconscious mind, but largely silent to your conscious awareness. Some listeners may occasionally detect the Autofonix signal as a very faint high pitched “static” sound. As with Holosync, whether or not you detect the sounds, Autofonix will still be effective.

Q) “Are my headphones or earbuds good enough?”

A) While some Holosync soundtracks do use carrier frequencies low enough to necessitate headphones with a wide frequency response range, this is not an issue with your *Total Trauma Relief* soundtracks. Any normal stereo headphones or earbuds will work. (Note that better quality headphones and earbuds will make your listening experience more enjoyable.) Centerpointe offers an excellent pair of over-the-ear headphones as well as in-ear earbuds. Visit www.centerpointe.com for details.

Q) “Will the soundtracks work better at a louder volume?”

A) No. Listening to loud volume levels is not recommended, could damage your hearing, and will not improve the effects of the soundtracks. Louder isn’t better. We recommend listening at a comfortably low volume.

Q) “I’m also doing The Holosync Solution™ program. Can I do both?”

A) Absolutely! The *Total Trauma Relief* soundtracks are completely compatible with your Holosync Solution tracks or any other Holosync products. Just pick one time of day for your Holosync Solution session and a different time of day to listen to your *Total Trauma Relief* soundtracks.

Q) “Is the Accelerated Results Coaching free?”

A) Absolutely! Our coaching services are free to purchasers of Total Trauma Relief. We provide coaching and support by phone or email. And please remember our team is dedicated but small, so please be patient. If we’re not able to assist you at the time of your call we’ll be back in touch as soon as possible.

Q) “I already have a therapist or counselor. Do I need a coach too?”

A) Coaching is not offered as a substitute for therapy or other forms of professional mental health treatments. Accelerated Results Coaching is designed to work alone or in conjunction with other treatment options as an adjunct or as supplementary support with your current mental health treatment program.

Q) “I need more help. Who can I talk to?”

A) Our Support & Accelerated Results Coaching Team is here to help!

If you have any other questions or comments, feel free to contact our Accelerated Results Coaches. Our telephone support line is open from 9:00am - 4:30pm Monday - Friday, Pacific Time. 503-672-7117.

Or you can email support@centerpointe.com

Got an exciting story or testimonial to share about using your Total Trauma Relief Suite? We’d love to hear from you! Call or email today!

Disclaimer:

All information, instructions, audio, or other media included with this product is intended for therapeutic support and educational purposes only.

This product is not offered as a substitute for professional medical or mental health care. The content and information provided with this program is not intended to diagnose, treat, or cure any physical or mental condition or illness. Centerpointe makes no guarantee regarding any specific experience of the user.

Customers understand and agree to use the program content presented as is, and to hold harmless the provider of this program material - Centerpointe Research Institute - in the unlikely event of injury or discomfort as a result of its use.

Anyone with mental or emotional health challenges is advised to seek out professional support and treatment, and to use this product solely as an adjunct or therapeutic support to conventional forms of treatment. While Holosync is considered safe, we recommend that you consult with your doctor or therapist before using it if you are dealing with a serious emotional or mental health condition.

Track 1 Affirmations - Present & Peaceful

- I am safe in this moment
- I am free of guilt
- I am building my best life
- I practice self care
- I believe in my future
- I feel better every day
- It is safe to be myself
- I am strong enough to survive and thrive
- I accept myself
- I am kind to myself
- I take things one day at a time
- I believe in myself
- I am reclaiming my life
- A feeling of peace and tranquility comforts me
- I face my fears with courage
- I ask for help when I need it
- I am finding my own inner power
- I accept this challenge
- I am safe and protected
- I am exactly where I need to be on my journey.
- I am present in the moment
- I am at peace
- There is nothing to fear
- I live in the now
- I am secure and safe

[Click here to return to Present & Peaceful Instructions.](#)

Track 2 Affirmations - Release & Renew

- Release all tension
- Embrace feelings of hope
- Release all worry
- Release all unease
- Embrace feelings of safety
- Release unhealthy memories
- Release the feeling of isolation
- Release feelings of guilt
- Release feelings of hurt
- Release feelings of shame
- Embrace feelings of peace
- Let go of the past
- Let go of unhealthy thoughts
- Let go of negative feelings
- Let go of uncomfortable sensations
- Renew my mind
- Renew my spirit
- Renew my strength
- Relax
- Let go
- Let any and all fear wash away
- Let whatever happens, be okay
- Let this be okay
- Choose to let go
- It's okay to let go of the past

[Click here to return to Release & Renew Instructions.](#)

Track 3 Affirmations - Radiant Resilience

- I am strong
- I am centered
- I am grounded
- I am resilient
- I focus on what I can control
- I make positive changes in my life
- I cherish connections with people I trust
- I release fear and accept love
- I am in control of my thoughts and feelings
- I don't have to be perfect
- I deserve to heal and feel better
- I deserve to be loved and treated well
- I am a good person
- I am enough
- I am in a safe place
- I can decide what makes me happy
- I am exactly where I am meant to be
- I am filled with healing light
- I am filled with hope and optimism
- I can handle anything
- I deserve the best in life
- I take actions that lead to healing
- I think happy and positive thoughts
- I treat my body and mind with love and care
- I am compassionate toward others and myself

[Click here to return to Radiant Resilience Instructions.](#)

Track 4 Affirmations - Worry Reliever

- With each breath, I am more relaxed
- With each breath, I am more present
- With each breath, I release worries
- With each breath, I am calmer
- With each breath, I am happier
- With each breath, I become stronger
- With each breath, I feel joy
- With each breath, I feel compassion
- With each breath, I am more centered
- With each breath, I am more confident
- With each breath, I release tension
- With each breath, I am optimistic about the future
- With each breath, I release stress
- With each breath, I feel better
- With each breath, I feel happier
- With each breath, I enjoy life
- With each breath, I feel love
- With each breath, I feel serene and tranquil
- With each breath, I am healing
- With each breath, I know everything will be okay
- With each breath, I feel lighter
- With each breath, I release all burdens
- With each breath, I feel safer
- With each breath, I am content
- With each breath, I am happy and free

[Click here to return to Worry Reliever Instructions.](#)