



Archetype Awakening

Meeting Your Inner Allies

Info & Instructions

Welcome!

Beneath the surface of your personality lies a powerful cast of inner allies. A collection of timeless symbols that hold immense transformational power.

These are your archetypes.

These are not mythological characters, but represent energies inherent to all human beings, residing deep in our unconscious. They have existed through all cultures and histories.



The Hero, who faces fear with courage.

The Healer who restores balance and peace.

The Sage who sees through illusion to truth.

The Wizard who turns vision into reality.

But the pressures of modern life often keep these powerful energies buried and repressed. When they lie dormant, life can feel heavy. We



can lose confidence and doubt ourselves. We can feel uninspired, anxious, or trapped in the same old patterns that never change.

That's why we created Archetype Awakening, the first Holosync-powered collection of audio meditations that allow you to reawaken these powerful archetypal energies, connecting you to your own natural courage, wisdom, and creativity.

Archetype Awakening, incorporates three state-of-the-art proprietary neuro audio technologies:



Holosync - to quickly and precisely alter brainwave patterns, drawing you into a range of meditative and trance-like states, while gently breaking up old, unresolved mental and emotional material through a process called neural driving.

Autofonix - a powerful affirmation encoding method that uses high frequency modulation to make the affirmations 99% silent to your conscious mind, but anchoring in the subconscious mind to overwrite old, toxic internal beliefs and support positive, healthy self-talk.

Lateral Carrier Boost 2.0 - a one-of-a-kind technology to increase synchronous neuro-electrical activity between the two hemispheres of your brain. This improves mental clarity and focus like nothing else!

Basic Listening Guidelines

- Listen with stereo earbuds or headphones.

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- Listen in a quiet, distraction-free environment.
 - Listen with eyes closed, while reclining, sitting, or lying down.
 - Listen anytime of day as often as you wish (see instructions for specific recommendations).
 - Listen in any sequence or order you wish
 - Allow a few minutes of "reintegration time" after each session.
 - Consider keeping a listening journal to document your progress and experiences.
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The Soundtracks

Soundtrack #1: The Hero's Call

The Hero's Call is a transformative audio journey that replicates the Hero's journey of moving from the known to the unknown, engaging shadow, and emerging with newfound peace and understanding.

To accomplish this, ***The Hero's Call*** first brings your brain wave patterns down to 2.5 Hz, a deep delta state, before rising up to 18 Hz, leaving you feeling energized and hopeful.

It includes a powerful set of affirmations to inspire courage, resilience, and strength. It also incorporates Lateral Carrier Boost 2.0 technology



to enhance connectivity and cohesion between the two brain hemispheres.

- 30 minutes
- Strong neural driving effect
- Target: 2.5 Hz delta with upramp to 18 Hz (beta)
- Includes Lateral Carrier Boost 2.0
- Includes Autofonix affirmations
- Listen in the morning or during the day



Soundtrack #2 : The Healer's Touch

The Healer's Touch is all about balance, wholeness, and recovery. It's a journey into the restorative wisdom of your mind and body and connecting to the healing energy within you.

This track supports emotional healing, physical well-being, and inner peace, inviting your inner Healer to actively help you feel more balanced, whole, and happy.

This soundtrack features both Lateral Carrier Boost 2.0 and Autofonix affirmations. Holosync targets two brainwave states: alpha (9.5 Hz) and theta (6 Hz) with no upramp/ascent at the end. This leaves you feeling relaxed, calm, and at peace.

- 30 minutes
- Medium neural driving effect
- Dual target: 9.5 (alpha) Hz to 6 Hz (theta)

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- Includes Lateral Carrier Boost 2.0
 - Includes Autofonix affirmations
 - Listen anytime but before bed is recommended

Soundtrack #3 :The Sage’s Insight

The Sage’s Insight is your invitation to sit in the presence of wisdom, understanding, and intuition. It helps awaken the energies of inner guidance, insight, and brilliance. This soundtrack is designed to expand your awareness by bringing your brainwave patterns higher, in the gamma brainwave range, before a gentle descent to 10 Hz (alpha). Gamma is associated with heightened clarity, lucid focus, and transcendent states of consciousness.

The Sage’s Insight is ideal for powering up your creative problem-solving skills, expansive “outside the box” thinking, razor-sharp intuition, and high-performance cognition.

- 30 minutes
- Mild neural driving effect
- Includes Lateral Carrier Boost 2.0
- Includes Autofonix affirmations
- Target: 40 Hz (gamma) to 10 Hz (alpha)
- Listen anytime but morning or daytime use is recommended





Soundtrack #4: The Wizard's Vision

The Wizard's Vision is an audio meditative journey into the creative powerhouse of the unconscious mind - the realm where you can tap into the vastness of your imagination and unleash a wellspring of inspiration and inventiveness.

The Wizard archetype represents our powers of manifestation - of turning our dreams and visions into reality. It possesses limitless vision and isn't bound by conventional thinking or limiting beliefs.

The Wizard's Vision is a very powerful soundtrack, with a potent neural driving effect to help release blocks to our imagination and wonder. It targets a 5.5 Hz theta state, which is considered the "Goldilocks" state of creativity and imagination - just between dreaming and sleep. The soundtrack ends with an upramp into alpha leaving you feeling inspired, calm, and uplifted.

- 30 minutes
- Strong neural driving effect
- Includes Lateral Carrier Boost 2.0
- Includes Autofonix affirmations
- Target 5.5 Hz (theta)
- Listen anytime but daytime use is recommended



Additional Details & Frequently Asked Questions

What is “Neural Driving?”

Neural driving is the process of stimulating or “driving” the nervous system with Holosync sound frequencies. The stronger the neural driving effect, the more stimulus is being delivered to the brain and the more potential for significant shifts and changes in the way the brain functions.

Heavier neural driving effects can cause more in the way of unresolved mental and emotional material to be released, whereas lighter neural driving effects are used for certain listening sessions that entail more varied entrainment sessions, audible guided exercises, or higher target states.

It's important to note that while soundtracks with a stronger neural driving effect can potentially produce more in the way of catharsis (the release of old mental and emotional material), not every listening session will feel exactly the same or produce the same effect each time.

As always, you're encouraged to let your nervous system respond to any given session however it needs to in the moment and let each listening experience unfold without an attachment to a specific “effect” or experience.



What is Autofonix?

Autofonix is Centerpointe's proprietary audio encoding method that modulates the frequencies of the human voice to be - unlike conventional subliminal methods - virtually undetectable by the conscious mind but perceptible to the unconscious mind.

With Autofonix we can supply the brain with positive self-talk and inspiring affirmations that by-pass our conscious filters, anchor in the unconscious, and manifest in conscious thoughts and actions over time.



When paired with Holosync, Autofonix affirmations are significantly more effective over time than old-fashioned subliminal or audible affirmations.

As always, a full script of all Autofonix affirmations are included with any soundtrack that includes them.

What is Lateral Carrier Boost 2.0?TM

Lateral Carrier Boost 2.0 was developed by the Centerpointe Audio Design Team to enhance the effectiveness of brain wave entrainment by subtly boosting the amplitude of the Holosync carrier frequencies in each channel independently and sequentially several times over the course of the listening session.

Lateral Carrier Boost 2.0 is designed to increase the synchronous neuro-electrical activity between your two cerebral hemispheres,



causing more connectivity and coherence between the two sides of your brain and more “whole brain thinking.”



When your cerebral hemispheres are well connected, you can easily achieve a Flow State and get “in the zone.” It’s like “thinking in stereo.”

The result is a brain firing on “all cylinders;” functioning at optimal efficiency and peak performance. Memory, concentration, focus, retention, recall, and cognition are all improved thanks to the Lateral Carrier Boost technology, as well as making it easier to heal and release old, unresolved mental and emotional material.

If you’ve been looking for a way to increase the effectiveness of your Holosync listening sessions, look no further than Lateral Carrier Boost 2.0 - a one-of-a-kind audio innovation you’ll find nowhere else.



Some Important Things to Remember About Holosync Listening Sessions:

- 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 or riding a bicycle or while doing anything that requires your full attention.
- 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 higher quality audio gear will usually sound better). Any standard stereo earbuds or headphones will work. (*Centerpointe offers a range of affordable, high quality stereo headphones and earbuds. Visit centerpointe.com for details or call 503-672-7117*)
- The soundtracks can be played on any media device or smartphone that supports the mp3 format.
- All soundtracks are offered in high bitrate 320kbps mp3 format to ensure superb audio quality and effectiveness.
- Remember: 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 and that may vary from session to session.
- 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 faint 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 natural hearing sensitivity, 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) “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 Archetype Awakening Suite 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 Archetype Awakening Suite soundtracks. Be sure to refer



to the instructions for each of the soundtracks for listening recommendations.

Q) “Can children listen to these soundtracks?”

A) Due to the potency of these soundtracks, we don't recommend that children younger than 13 years of age listen to Archetype Awakening Suite soundtracks. While there is no known risk to younger children listening, Holosync can sometimes produce catharsis or bring up challenging mental and emotional material for some children. For more information be sure to contact our Support Team.

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

A) You can speak with a real, live person! Our Support & Accelerated Results Coaching Team is here to help!

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 **Archetype Awakening Suite** collection? We'd love to hear from you!*

Call or email today!



Disclaimer:

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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 experiencing a serious emotional or mental health condition.



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