

Awakening Prologue Quick Start Instructions

For the MP3 Digital Version

1 **Download the three main soundtracks, *Intro to Holosync, The Dive, and Immersion*.** As the download process is specific to the device you are using, [Click Here](#) to find the appropriate downloading instructions.

2 To acquaint yourself with the program and how it works, **listen to the *Intro to Holosync MP3* OR read the *Introductory Materials (Your Unfair Advantage)*.**

3 Now you are ready to begin your first session.
Listen to *The Dive* for 14 days:

- **Listen only once a day**
- **Always use stereo headphones**
- **Listen while seated or reclined with your eyes closed in a distraction free environment**

4

After 14 days, listen to *The Dive* immediately followed by the *Immersion* in the same manner as *The Dive* in Step 3 above. This will be your daily meditation for 4 months or more. *(For your convenience, a combined *The Dive + Immersion* soundtrack is available.)*

5

Explore all the supporting documentation which includes:

- *The Holosync Solution PDF*
 - *The Thresholds of the Mind PDF* (A hard copy will be sent to you as well)
 - The audio recording *Intro to Holosync*
 - View the mini video course at the top of the Awakening Prologue page
 - Read the article *The Four Secrets to Getting the Most Out of Your New Awakening Prologue*
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6 **Contact our Accelerated Success Coaches with any questions, concerns or problems:**

- **Our Support phone line:** 503-672-7117
- **Our Support email:** support@centerpointe.com
- Our coaching support is included with your purchase and is an integral part of your Holosync solution - *no appointment is necessary!*

Remember: let whatever happens be okay!

***There are no right or wrong experiences
while listening to your soundtracks.***

Download Instructions for Devices

FOR WINDOWS COMPUTER USERS:

To download and save a file to your computer, simply **RIGHT CLICK** on the MP3 icons below. This will open a menu. Depending on your browser, choose: 'Save Target As...', 'Save Link As...' or 'Download Linked File As...'. The files will be downloaded to the location selected by your browser. Typically, this will be your "My Downloads" folder.

Download times will vary, depending on your Internet connection and hardware.

FOR APPLE COMPUTER USERS:

To download and save a file to your computer, simply press **Ctrl button** and click on the MP3 icons below. This will open a menu. Depending on your browser, choose: 'Download Linked File As...', 'Save Link As...' or 'Save Target As...' your files will likely be downloaded to your "My Downloads" folder.

If the file starts to play automatically in iTunes, then the file was automatically imported into iTunes. If not, then you will need to manually import the file.

FOR APPLE IPHONE AND IPAD USERS:

Apple has restricted the direct downloading of MP3 files from Web sites. To get your files onto your iPad and iPhone, first download the files to your desktop or laptop computer and place them into iTunes. iTunes then becomes the bridge between your device and the computer. Find the official Apple instructions for this process here:

<https://support.apple.com/en-us/HT201253>

FOR OTHER PHONES AND TABLETS:

To download and save a file to your computer, simply click on the MP3 icons below. It is likely that the files will download to the library associated with the music application on the phone. Consult your documentation for your specific device and application.

Download times will vary, depending on your Internet connection and hardware.