

# Beautiful Brain Suite Info & Instructions

***Be sure to read all the information below to make sure you get the most out of your Beautiful Brain Suite Soundtracks!***

---

Welcome to Centerpointe's Beautiful Brain suite, a transformative collection of three mesmerizing soundtracks powered by Holosync and utilizing cutting edge psychoacoustic technology to enhance and protect your brain from the effects of stress and aging.

This is the only Holosync collection that specifically addresses the three key aspects of brain health for today's busy and overtaxed brains:

## **Balance, Clarity, & Resilience**

This one-of-a-kind collection will:

- Blow away brain fog and boost your clarity and focus
- Reduce memory lapse by increasing hemispheric connectivity in your brain
- Dissolve worry and fear by easing your emotional and cognitive load
- Eliminate feelings of anxiety and cultivate feelings of peace and centeredness
- Break apart old toxic thinking patterns and inspire creativity and optimism
- Overcome "Scatter-Brain" and strengthen your mental resilience

These soundtracks have been designed to work with your schedule. You can pick one or more soundtracks to listen to daily, or as your schedule allows (consistent usage always yields the best results).

Note that each soundtrack includes its own listening instructions. Let's take a look at the incredible soundtracks that come with the Beautiful Brain Suite.

## **Beautiful Brain Soundtrack #1: Sonic Brain Balancer**

You know that feeling when your brain is just a little “off?”

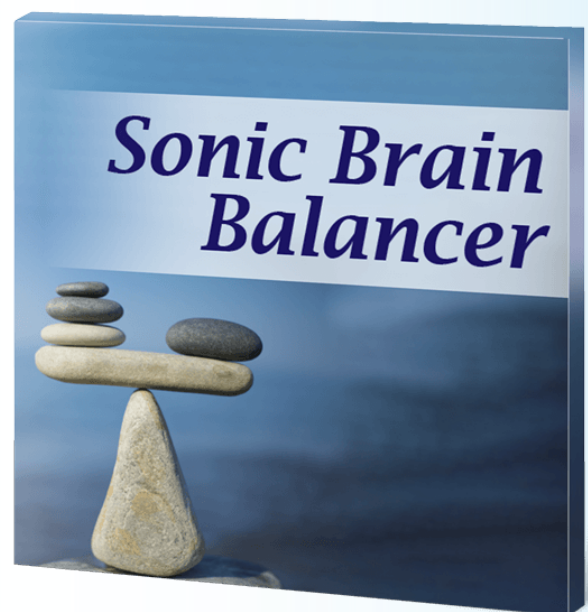
Maybe it's “just stress,” or poor sleep. Maybe there's just too much on your mind. Or you're going through some tough times and your brain is overloaded with worries and concerns. Or maybe you're forced to take medication that helps with some health concerns but also messes up your ability to focus and think clearly.

These are signs of a brain that's off-kilter, off-center, and off balance.

What's really going on here?

Did you know that stress, poor sleep, and even some medications can disrupt the synchronization of neuro-electrical signals between the two sides of the brain?

When that happens, we have a **desynchronized brain** and we struggle to recall memories, to think clearly, to make good decisions,



and to communicate effectively. It causes us to feel “off,” emotionally reactive, and out of sorts.

Those with poor cross-hemispheric connectivity report feelings of emotional instability, heightened anxiety and worries, and more feelings of depression and despair.

But there’s a fix for this and it doesn’t involve more pills or prescriptions. You can actually increase the synchronization in your brain just by listening to certain precisely engineered sounds.

In fact, Holosync has been shown to increase the connectivity between the two sides of the brain quickly and efficiently. And recently, the audio engineering team at Centerpointe has improved Holosync’s ability to do just that.

**Sonic Brain Balancer** uses a newly developed proprietary psychoacoustic technology to help increase the synchronous neuro-electrical activity between the two hemispheres of the brain. It’s called **Lateral Carrier Boost** and with it you can experience true “whole brain thinking,” where both sides of the brain are communicating clearly, and where your brain is firing on all cylinders.

Just listen to **Sonic Brain Balancer** with headphones or earbuds, and you’ll notice improvements in your mental and emotional balance, more self-control, and more mental equilibrium.

# Sonic Brain Balancer Listening Instructions

**Sonic Brain Balancer** is 25 minutes in length. Simply sit or lie down with eyes closed in a distraction free environment and listen. You can listen up to three times per day.

As with all Holosync soundtracks, be sure to listen with stereo headphones or earbuds.

## Soundtrack Details:

- **25 Minutes**
- **Medium Neural Driving Effect**
- **Listen anytime (but daytime is best) daily or as your schedule allows**
- **Listen while reclining or lying down, eyes closed**
- **Use headphones or earbuds**
- **Includes Holosync targeting a low theta brainwave state**
- **Includes Lateral Carrier Boost Technology**
- **Includes light upramp at the end (leaving you in a relaxed, focused state)**
- **Includes both soothing musical version and natureescape version**

# Beautiful Brain Soundtrack #2: Crystal Clarity Booster

Recently, brain experts have been sounding the alarm about a growing problem in our world today. It goes by a lot of names - brain fog, monkey mind, cognitive cloudiness, brain blur, hazy brain, and mental muddle. Quite a list, isn't it?

But it all boils down to the same problem: a state of chronic mental confusion, lack of clarity, and difficulties with memory and focus that leaves us feeling indecisive and frustrated.

It's almost like our brains are getting weaker. And, well, they are!

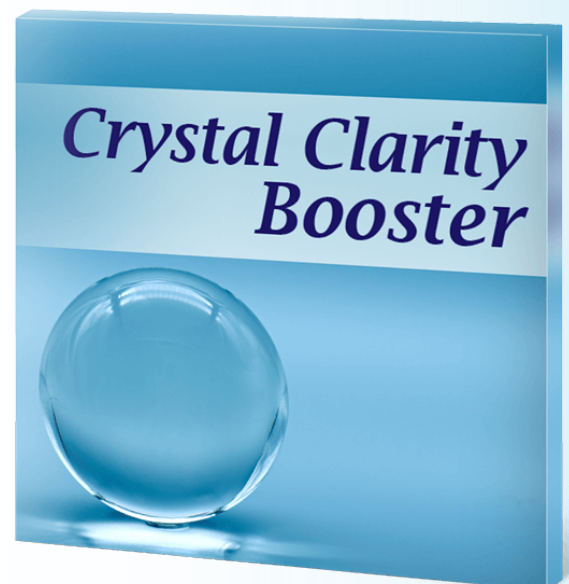
Neuroscientists say that there are two factors that contribute to this problem, stress and aging.

Did you know that **stress** increases cortisol levels, and high cortisol interferes with memory?

Or that **stress** affects neurochemical balances causing confusion and mental fogginess?

Or that **stress** literally shrinks the hippocampus making us more susceptible to emotional reactivity, anxiety, and depression?

Or that **stress** impairs the prefrontal cortex, the part of our brains we depend on to help us make good decisions?



Or that **stress** impairs neuroplasticity, triggers premature brain aging, disrupts our sleep, and, well...this only scratches the surface.

And what about **aging**?

Did you know that the brain can show signs of **aging** even in our late 20s, and after age 40 most brains literally shrink in volume by almost 5% per decade?

Or that **aging** causes increases in beta amyloids - plaques that can build up over time, just like plaque on our teeth, and lead to problems like dementia and Alzheimer's disease.

Or that **aging** makes it harder for the brain to word-find, problem-solve, and even disrupt signals in parts of the brain responsible for motor function like balance and coordination.

Or that **aging** can slow brain responsiveness, dim our focus and memory, and cause us to have trouble regulating our emotions.

All of this seems pretty dire. But believe it not, there's an easy and painless solution! Did you know that **Holosync** can help reduce the effects of BOTH **stress** and **aging** on the brain?

**Holosync** can help by:

- Improving brain responsiveness and emotional regulation
- Protecting against excessive brain plaque buildup
- Balancing neurochemical production
- Strengthening the hippocampus
- Thickening the prefrontal cortex
- Reducing high cortisol levels
- Improving sleep

**Crystal Clarity Booster** was designed specifically to help combat the effects of stress and aging. It works like a cool mental breeze, sweeping away that mental fog and allowing you to attain a state of complete mental clarity, focus, and creativity!

Stress and aging are unavoidable, but with Holosync, it's like having a security guard on hand to help protect your brain from the negative effects of both stress and aging.

When you begin your day with **Crystal Clarity Booster**, you can gently clear away the mental clutter and brain haze, and enter a Flow State - a rare state of pure focus and awareness. **Crystal Clarity Booster** includes **Lateral Carrier Boost Technology** and uses both alpha and low gamma waves to improve brain health and performance, all without drugs or supplements!

After the listening session, you can look forward to a day of crisp clear-headedness, mental coherence, and razor-sharp memory.

And with consistent use, your brain will better resist the damaging effects of stress and aging.

## **Crystal Clarity Booster Listening Instructions**

**Crystal Clarity Booster** is 15 minutes in length. Simply sit or lie down with eyes closed in a distraction free environment and listen. You can listen up to three times per day but we highly recommend listening in the morning or as you begin your day.

As with all Holosync soundtracks, be sure to listen with stereo headphones or earbuds.

## Soundtrack Details:

- **15 Minutes**
- **Light Neural Driving Effect**
- **Listen anytime but recommended for morning use**
- **Listen with eyes open or closed in a distraction-free environment**
- **Use headphones or earbuds**
- **Includes Holosync targeting both alpha and low gamma brain wave states**
- **Includes Lateral Carrier Boost Technology**
- **Includes both soothing musical version and natureescape version**

*Note that some listeners will find this soundtrack extremely energizing, so listening early in your day (rather than right before bed) is recommended.*

*Note that you can listen to **Crystal Clarity Booster** while reading or doing other things, although most users will get the best results by listening in a passive seated or reclining position.*

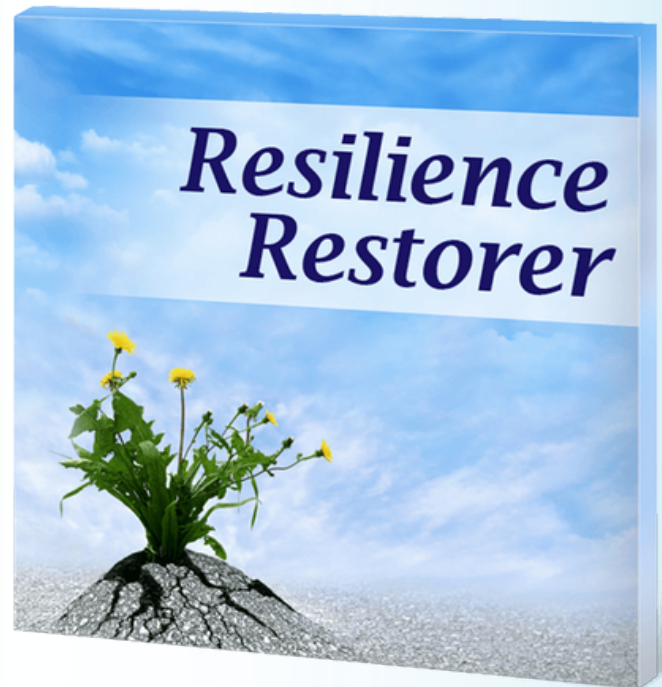
## Beautiful Brain Soundtrack #3: Resilience Restorer

If you could only choose one way to improve your brain, what would it be? Well if you ask a neuroscientist they will very likely tell you that the single most important factor in brain health today is... resilience.

A resilient brain is a brain that bounces-back from stressful situations, stays strong through tough times, and handles life's many challenges with ease and grace.

Dr. Norman Doidge, author of *The Brain That Changes Itself* says, ***“The human brain has amazing adaptive powers. It can recover from traumatic experiences, rewire itself after injury, and constantly grow and change through learning.”***

Highly resilient brains are not fazed by everyday stressors or hardships, and are less susceptible to worries and uncertainties that plague those with less resilient brains.



The problem, though, is a simple one: our brains are under far too much stress. And your brain's getting older (even if you're in your 20s). While you might remember having a strong and resilient brain when you were young, aging and stress can rob you of that adaptable and resilient brain you once had.

Most brains today are not flexible, they're rigid. They're not strong, they're frail. They're not adaptive, they're stuck in old habits and patterns that hold us back and might even be harming us.

Building back your brain's resilience means improving its adaptability, its durability, its plasticity and (and this is the biggie) its ability to handle stress. Once your brain becomes stronger, more adaptable, and more resilient, there's almost no end to the life-changing benefits you'll experience.

Brain resilience means there's more brain power freed up to think about opportunities, possibilities, and creative solutions. It means a brain that can manage thoughts, feelings, and emotions.

A resilient brain is a calm brain, a brain that is at ease, at peace, and happy!

This is why neuroscientists think brain resilience is the Holy Grail of mental health and anti-aging.

And it's why for over 30 years, Holosync listeners have been reporting a remarkable benefit related to brain resilience. In addition to getting into deep meditative states and enjoying the calming experiences of listening, Holosync listeners consistently report increases in this all-important mental resilience.

Because Holosync presents a potent stimulus to the brain, it causes the brain to become stronger and more resilient.

You see, everyone has a threshold for how much stress they can handle. This threshold might be higher or lower at different moments, but one thing is certain - over time this threshold can become weak and thin, making it harder to handle virtually any kind of stress.

Holosync raises the threshold for coping with stress and builds resilience and endurance through a "work-and-recover" cycle where the brain is exercised (like you would exercise your muscles) and then allowed to make the necessary adjustments to grow and adapt. This is what we call "**neural driving**," and it's what makes Holosync such a powerful tool for improving brain resilience.

We created the **Resilience Restorer** to specifically address this issue of a weak threshold and to restore your brain's natural plasticity and resilience.

By using exceptionally potent carrier frequencies, and drawing brain waves all the way down to an epsilon state (below 1 cycle per second),

**Resilience Restorer** will gently raise your coping threshold while helping your brain release attachments to old, unhealthy or unresolved mental and emotional material that's holding you back.

With **Resilience Restorer**, your brain can literally get stronger, more supple, and more durable than ever before. The bottom line? Restoring your brain's resilience is possible, and you can start doing it today!

**Resilience Restorer** is 20 minutes in length and can be listened to anytime, but is ideally suited for listening once per day, at night or right before bed.

As with all Holosync soundtracks, be sure to listen with stereo headphones or earbuds.

## **Resilience Restorer Listening Instructions**

### **Soundtrack Details:**

- **20 Minutes**
- **Strong Neural Driving Effect**
- **Listen anytime (but nighttime or before bed is recommended)**
- **Listen once per day, daily or as your schedule allows**
- **Use headphones or earbuds**
- **Includes Holosync targeting epsilon, < 1 Hz (deep delta)**
- **Includes both soothing musical version and natureescape version**

*Note, some users may become sleepy or doze off while listening.*

*Note, some users may experience the release of old tensions and worries or have other minor physiological responses associated with catharsis.*

# 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 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 (release of old mental and emotional material), not every listening session will feel exactly the same or produce the same result 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 Lateral Carrier Boost?™

First introduced by Centerpointe in 2021, **Lateral Carrier Boost** 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** is designed to increase the synchronous neuro-electrical activity between your two cerebral hemispheres, causing more connectivity 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 - a one-of-a-kind audio innovation you’ll find nowhere else.

## Some 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 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.
- 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.

- 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.

## **Frequently Asked Questions:**

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

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

- 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?”**

- Absolutely! The Beautiful Brain 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 Beautiful Brain Suite soundtracks. Be sure to refer to the instructions for each of the soundtracks for listening recommendations.

**Q) “Can children listen to these soundtracks?”**

- Due to the potency of some soundtracks, we don't recommend that children younger than 13 listen to the Beautiful Brain 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?”**

- 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](mailto:support@centerpointe.com)**

*Got an exciting story or testimonial to share about using your Beautiful Brain Suite collection? 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.

# The Beautiful Brain Suite: Terms & Conditions

Please note that your purchase is final at the time you place your order. No refunds are available for "digital/downloadable" products.

Centerpointe guarantees this digital product to be free from defects. If you find a defect with any part of the digital product, please contact the Centerpointe Support Team for prompt assistance.

You may access and use this digital product on any media device that supports it, including multiple devices.

It is the buyer's responsibility to ensure that their media devices (including phones, laptops, tablets, etc) are capable of downloading and displaying/playing the media as offered.

You may download this digital product multiple times to multiple devices for your own personal use only.

You may not sell, share, license, or otherwise transfer this product to another person or company without the prior consent of Centerpointe Research Institute. You may not share any part of this product via social media/streaming platforms.

All written, transcribed, and recorded content, including pdfs, mp3s, mp4s or other media is protected by copyright. Any use, reproduction, or dissemination of this content in whole or in part outside of the Terms outlined here without the consent of the copyright holder (Centerpointe Research Institute) is prohibited by law.