

The logo for "Body & Soul 360" is centered in a white circle with a thin grey border. The text "Body & Soul 360" is written in a black serif font. The background of the page features several light blue circular icons with various patterns, including a sunburst, a person in a meditative pose, and abstract geometric designs.

Body & Soul 360

Seven Powerful Exercises Inspired by Traditional Spiritual Practices Designed to Help You Center, Connect, and Heal

Welcome to Body & Soul 360!

...a unique and powerful collection of exercises designed to increase your physical wellness, expand your awareness, and tap into the wisdom and inner strength of your mind and body. By using these practices for at least seven weeks, you'll experience a deeper connection and synergy between mind and body.

The seven practices used in ***Body & Soul 360*** were carefully selected from a range of traditional spiritual practices, some very ancient. These practices have been enhanced and made even more powerful with the addition of the Holosync and Autofonix neuro-audio technologies.

Body & Soul 360 was designed with busy schedules in mind; each exercise can be done in about 15 minutes and each can be done individually at your own pace and according to your schedule. Or, as we recommend, you can do them in an easy-to-follow seven week sequence. Just do each of the seven exercises for one week before moving on to the next one.

Be sure to read the instructions and information below before beginning your ***Body & Soul 360*** practices to ensure you get the most out of these powerful sessions!

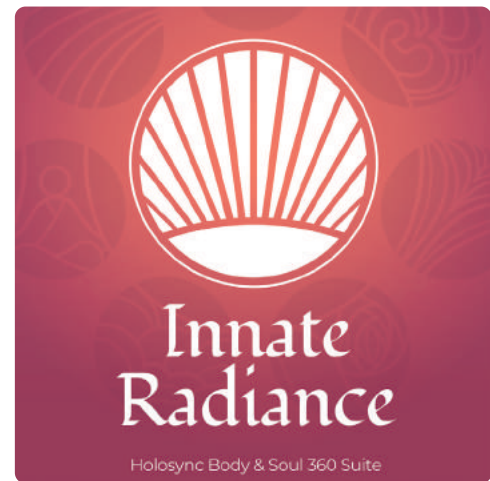
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1 Innate Radiance

(Approx. 15 Min.)

Innate Radiance is a Taoist-inspired guided meditation exercise designed to help balance the natural energy of your body's organs, digestive system, and nervous system. In Taoism, compassion, love, and joy are not just feelings but sources of energy that can improve your health and well-being. This guided session is based on the Taoist "Inner Smile" practice and uses breathing and visualization cues along with embedded Holosync tones to bring your brainwave patterns into a relaxed mid-theta pattern.



By practicing **Innate Radiance** once a day for seven days, you'll find your body feeling more balanced, centered, and at ease.

While there is no "right" or "wrong" experience, most users can expect to notice more lightness in their body, more energy, and a reduction in the physical sensations sometimes associated with anxiety, stress, and tension.

You can use **Innate Radiance** anytime but we suggest listening daily for seven days - for your first week of **Body & Mind 360** - before moving to your next **Body & Soul 360** practice.

Listen once per day for seven days, in a seated position, eyes closed, free of distractions.

As with all soundtracks that include Holosync, stereo headphones or earbuds are required. When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.

2 Super OMni Vagus

(Approx. 15 Min.)

Vagus nerves are the longest and most complex of cranial nerves and play an important role in your body's health. Among other things, the Vagus nerves transmit information to and from the brain and organs in your body. Vagus nerves are a kind of "data link" or bridge between the brain, heart, gut, and other important parts of the body.



Chanting the ancient word "Om" has been shown to stimulate the Vagus nerves. This Vagus Nerve Stimulation, or VNS, has been a recommended alternative practice for those challenged with depression, fatigue, chronic pain, and other debilitating conditions.

Om is a very ancient word integral to many traditions including Hinduism, Jainism, and Buddhism. However, as it is believed to have universal power, it's often used by non-Buddhist or by unaffiliated meditation practitioners. Om is said to be the sound of creation and of life itself. It is a representation of Heaven, Earth, and the Cosmos. It is an audible reflection of something Centerpointe Founder Bill Harris liked to say. It is: "Everything, everywhere, everywhen."

Om is a simple, single-syllable mantra, with no hard consonants, easy to repeat. There is no right or wrong experience but most users can expect to experience a deep and powerful sense of groundedness and connection to their body.

Super OMni Vagus guides you to chant "Om" while Holosync is used to deepen the experience even further by bringing your brainwave patterns into a state of high theta with a very potent carrier frequency.

You can chant along with the guided session, or simply sit and follow along with your breath, without chanting.

Super Omni Vagus Instructions (cont.)

While we cannot guarantee any specific effect for any given listening session, stimulating the Vagus nerves has been shown to:

- Increase production of human growth hormone (HGH)
- Help reduce hyper-arousal caused by chronic stress
- Support immune function and disease resistance
- Improve clarity of mind and memory
- Ease chronic pain and body stiffness
- Improve and deepen sleep patterns
- Help reduce high levels of cortisol
- Help reduce high blood pressure
- Help reduce inflammation

...and much more.

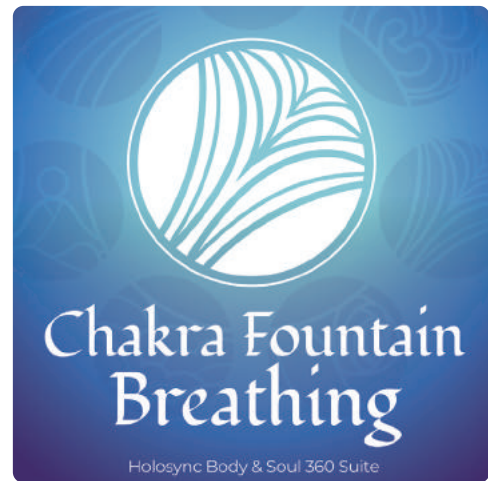
You can use **Super OMni Vagus** anytime but we suggest listening daily for seven days - for your second week of **Body & Mind 360** - before moving to your next **Body & Soul 360** practice.

Listen once per day for seven days, in a seated position, eyes closed, free of distractions.

As with all soundtracks that include Holosync, stereo headphones or earbuds are required. When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.

3 Chakra Fountain Breathing

(Approx. 15 Min.) Audio Track with Holosync



Chakras play an important role in several ancient healing traditions through India and Asia. Often represented as wheels or rotating centers of energy, each of the seven chakras correspond to different organs or body regions, and to different aspects of our lives like our health, finances, creativity, and more. This concept of energy centers, channels, and networks is ancient and far predates more recent conventional medicine.

Like other ancient forms of healing, traditional Ayurvedic medicine holds that the key to robust health and wellness is to keep these critical centers of energy flowing freely.

By clearing and balancing the chakras, we can improve a wide range of problems that can inhibit health, including chronic stress, poor diet, sleeping problems, motor function issues, and more.

Chakra Fountain Breathing is designed to be a simple and easy way for you to explore and activate your energy centers using easy-to-learn breathing and visualization techniques.

In addition to the guided breathwork exercise, we've included a powerful set of affirmations recorded in our proprietary Autofonix method, which bypasses the filters of the conscious mind to anchor in your unconscious and manifest positive changes over time. This is supported by a gentle Holosync brainwave entrainment session to help you experience a tranquil and deeply relaxed state during the practice.

Chakra Fountain Breathing Instructions (cont.)

You can use **Chakra Fountain Breathing** anytime but we suggest listening daily - for your third week of **Body & Mind 360** - for seven days before moving to your next **Body & Soul 360** practice.

Listen once per day for seven days. We recommend standing for this exercise.

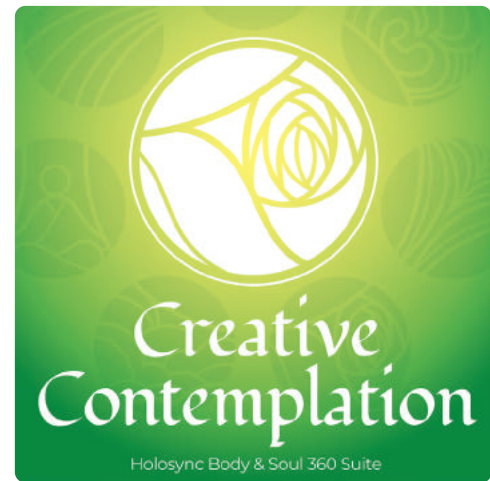
As with all soundtracks that include Holosync, stereo headphones or earbuds are required. When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.

[Click here for a list of Affirmations used in Chakra Fountain Breathing.](#)



Creative Contemplation

(Approx. 15 Min.) Audio Track with Holosync



According to many wise thinkers, including Centerpointe founder Bill Harris, we are all artists, composing, writing, and painting our lives with our beliefs and actions. Creativity is at the very heart of the mindful life. But so much of our creativity is stifled by the stress of everyday life.

So we've created a special exercise specifically designed to help awaken new ideas, discover new solutions, and free up your inner artist from the confines of stress and worry.

Creative Contemplation is a guided meditation using Holosync to target theta - the brainwave state associated with creative, "outside the box" thinking. It's in theta that our imagination is most free to invent, solve, and conceptualize things that our conscious mind is often unaware of. Whether you're an artist or not, with **Creative Contemplation** you can quickly and easily tap into your own inner wellspring of creativity.

You can use **Creative Contemplation** anytime but we suggest listening daily - for your fourth week of **Body & Mind 360** - for seven days before moving to your next **Body & Soul 360** practice.

Listen once per day for seven days, in a seated position, eyes closed, free of distractions.

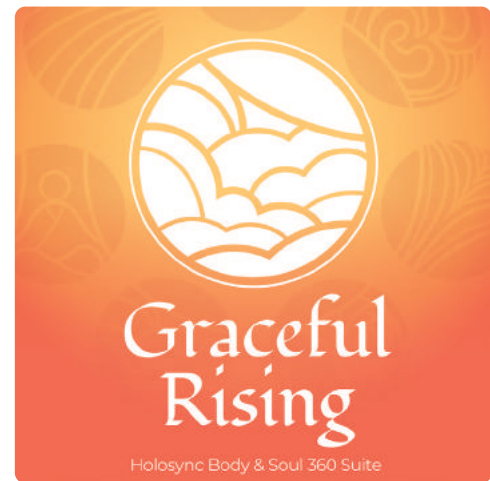
As with all soundtracks that include Holosync, stereo headphones or earbuds are required. When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.

5

Graceful Rising

(Approx. 15 Min.) Audio Track with Holosync

Inspired by several powerful sources such as the Opona forgiveness practice and *The Four Agreements* by Don Miguel Ruiz, **Graceful Rising** is a gentle but empowering way to start your day, or for anytime you want a healthy and easy energy boost. A lush musical recording engages the senses while a precisely designed Holosync session help you transition from sleep or deep meditation to lucid wakefulness.



A special set of affirmations are included using our proprietary Autofonix encoding method to wake your mind and help it greet the day with positivity, wisdom, and confidence. It's a beautiful way to start your day or prepare for that important meeting, or for anytime you just want a boost in your focus, energy, and clarity of mind.

You can use **Graceful Rising** anytime but we suggest listening first thing in the morning upon rising - for your fifth week of **Body & Mind 360** - for seven days before moving to your next **Body & Soul 360** practice.

Listen once per day for seven days, in a reclining or seated position, eyes closed, free of distractions. Note that some listeners will notice a surge of energy causing them to open their eyes. This is perfectly normal.

As with all soundtracks that include Holosync, stereo headphones or earbuds are required. When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.

[Click here for a list of Affirmations used in Graceful Rising.](#)

6 Gentle Repose

(Approx. 15 Min.) Audio Track with Holosync

Everyone knows how important sleep is to good health. That begins where our busy day ends, entering into a calm and tranquil state of mind and body.

Gentle Repose is the perfect transition from a busy day to a deep and restorative sleep or meditation session. Turn off that overworked thought machine in your head in just a few short minutes!

A calming musical track is combined with Holosync to help you release stored up worries and tensions and help prepare you for a deep and peaceful sleep. In the morning, you'll wake feeling refreshed and rejuvenated, ready for your day.

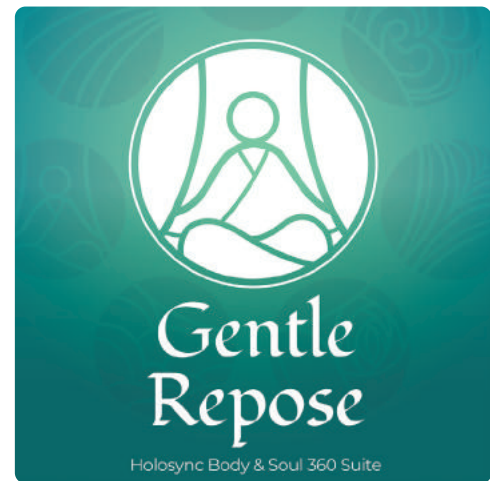
Included is a uniquely designed affirmation script that begins by soothing your conscious mind, and finishes by using single trigger words to evoke a calm and restful mindset, free of worries and obsessing.

You can use **Gentle Repose** anytime but we suggest listening daily, before bed - for your sixth week of **Body & Mind 360** - for seven days before moving to your next **Body & Soul 360** practice.

Listen once per day for seven days, in a reclining position or lying down in bed, eyes closed, free of distractions.

As with all soundtracks that include Holosync, stereo headphones or earbuds are required. When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.

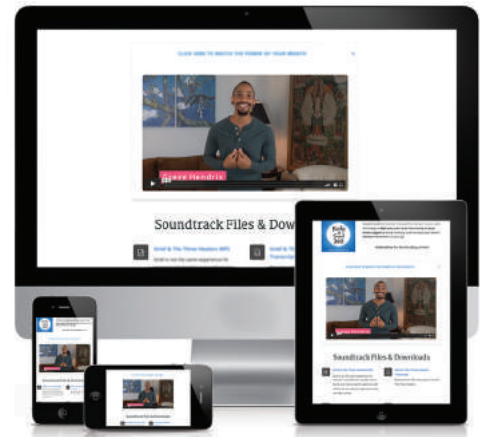
[Click here for a list of Affirmations used in Gentle Repose.](#)



7 Rainbow Orb Tai Chi

(Approx. 20 Min.) Video

Rainbow Orb Tai Chi is an easy and fun way to learn movement practices inspired by Tai Chi and Qigong practices. This practice distills many of the more complicated traditional movements into a simpler “flow” of movement that virtually anyone can do. The practice is led by Yoga and movement master Gregg Hendrix, who guides you through the session. Although simple, this is a very powerful way to wake up your energy and flush out stress and worry from body and mind.



Rainbow Orb Tai Chi can:

- Improve blood circulation and respiration
- Support healthy weight management
- Improve balance and flexibility
- Help the body naturally detox
- Reduce stress
- Boost mood

...and much more!

Remember, there’s no right or wrong experience. Some sessions may feel more powerful than others.








You can do your **Rainbow Orb Tai Chi** video anytime and anywhere for seven days during your seventh and final week of **Body & Mind 360**. After a few sessions, you’ll be able to memorize this practice and “take it with you” everywhere you go!

(Note that there are no Holosync or Autofonix technologies present in this video session. So headphones are not required).

How To Schedule Your Body & Mind 360 Practices

You can use any of these sessions according to your own schedule. But for optimal benefit here is what we recommend:

The **360 Practice Tracker** included with your purchase makes it easy to keep track of your progress. Print it out and hang it somewhere you can see it every day. It'll help remind you which practice you're on and keep you on track as you advance through each one.

| | | | | | | | |
|--|---|---|---|---|---|---|---|
|  Week 1 Innate Radiance | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  Week 2 Super OMni Vagus | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  Week 3 Chakra Fountain Breathing | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  Week 4 Creative Contemplation | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  Week 5 Graceful Rising | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  Week 6 Gentle Repose | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  Week 7 Rainbow Orb Tai Chi | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

For your first time with these practices, we suggest beginning with the first one, **Innate Radiance**, for your first seven days and then moving on to the next, spending seven days with each practice in order to learn it and get the most benefit from it as possible. Every week, start a new practice and focus on it for seven days.

This means one week with each practice for a total of seven weeks or 49 days.

- Week 1: Innate Radiance
- Week 2: Super OMni Vagus
- Week 3: Chakra Fountain Breathing
- Week 4: Creative Contemplation
- Week 5: Graceful Rising
- Week 6: Gentle Repose
- Week 7: Rainbow Orb Tai Chi

How To Schedule Your Body & Mind 360 Practices (cont.)

Don't worry if you miss a day from time to time. Just pick up where you left off.

You can extend your use of any of the practices beyond one week if you wish and you can return to any of the practices anytime.

After completing the full seven weeks of the **Body & Soul 360** practices you can begin the cycle over again, or choose any combination of practices to do daily or as desired.

You may find that different practices appeal to you depending on what your needs and interests are. So feel free to "mix and match" these sessions as desired.



Some Things to Remember:

- Always use stereo headphones or earbuds. While the music or nature sounds can be enjoyed without the headphones, the Holosync and Autofonix neuro audio technologies require stereo separation to produce the desired effects.
- **While Holosync is considered totally safe, check with your doctor if you're dealing with any neurological or other medical conditions that make your nervous system unusually sensitive to sound stimulus.**
- 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. The soundtracks can be played on any media device or smartphone that supports the MP3 format. (Centerpointe offers affordable, high-quality studio monitor headphones and hi-resolution earbuds. Visit <https://www.centerpointe.com/collections/headphones/> for details or call 503-672-7117)
- **All tracks are offered in high bitrate 320kbps MP3 format to ensure superb audio quality and effectiveness.**
- Never listen while driving or riding a bicycle or while doing any other activity that requires your full attention.
- **When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.**
- Note that 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 to the listening session it needs to at the time, and this can vary a lot between listening sessions.

Frequently Asked Questions

Q) “Do I have to do these practices in sequence?” (see the info above on scheduling)

A) For your first time with these practices, we suggest beginning with the first one, **Innate Radiance**, for your first seven days and then moving on to the next, spending seven days with each practice in order to learn it and get the most benefit from it as possible.

This means seven weeks or 49 days. Don't worry if you miss a day from time to time. Just pick up where you left off.

After that, you can return to any or all of the practices you wish. You may find that different practices appeal to you depending on what your needs and interests are. So feel free to “mix and match” these sessions as desired.

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).

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 **Body & Soul 360** 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 <https://www.centerpointe.com/collections/headphones/> for details.

Frequently Asked Questions (cont.)

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

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

Q) "I'm also doing The Holosync Solution™ program, or another Holosync Suite. Can I do both?"

A) Certainly. The **Body & Soul 360** 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 **Body & Mind 360** practices.

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

A) Our **Support & Accelerated Results Coaching Team** is here to help! (See below)

If you have 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. **503-672-7117**

Or you can email support@centerpointe.com.

*Got an exciting story or testimonial to share about using your **Body & Mind 360**? We'd love to hear from you! Call or email today!*



Chakra Fountain Breathing Affirmations



- I love my Root Chakra
- I am calm
- I am courageous
- I trust my intuition
- I am grounded
- I enjoy an abundant life

- I love my Sacral Chakra
- I am creative
- I am clever
- I am open to experience life

- I love my Solar Plexus Chakra
- I take action
- I create the life I want
- I have the courage and confidence to make things happen

- I love my Heart Chakra
- I am loved
- I freely love others
- I am compassionate
- I am able to let go and to forgive
- I am joyful



Chakra Fountain Breathing Affirmations (cont.)



- I love my Throat Chakra
- I speak up for myself
- I speak with truth and compassion
- I speak with clarity
- I understand the power of my words

- I love my 3rd Eye Chakra
- I perceive my whole self
- I can clearly perceive my environment and my place within it.
- I can see beyond what my eyes report is there

- I love my Crown Chakra
- I am connected to my own higher-self.
- I understand that I am part of the larger whole
- I am connected to the universal consciousness
- I love all of me: soul, heart, mind and body
- I am filled with pure light and energy

[Click here to return to Chakra Fountain Breathing Instructions.](#)



Graceful Rising Affirmations



- Today I will be careful with my words.
- Today I will speak with truth and kindness
- Today I will share my praise and gratitude with those I meet.
- Today I will remember that everyone is on their own journey, and the things they say and do are only about their journey.
- Today I will ask for clarification for any uncertainty.
- Today I will be mindful and present in all my tasks and responsibilities.
- Today I will do my best.
- I understand that my best effort is different each day.
- Today I will give myself the compassion, grace, and understanding that I need.
- Today I will give others the compassion, grace, and understanding that they need.
- I will greet the day with my heart and my body as well as my mind.
- Today I will tap into the wisdom that resides in my heart and in my body.
- Today I will remember that there are great mysteries and great wisdom within me.
- My true value is far greater than my perception.
- I am confident and courageous.



Graceful Rising Affirmations (cont.)



- To myself: I'm sorry, Please forgive me, Thank you, I love you
- To my family: I'm sorry, Please forgive me, Thank you, I love you
- To my friends: I'm sorry, Please forgive me, Thank you, I love you
- To my community: I'm sorry, Please forgive me, Thank you, I love you
- To the earth: I'm sorry, Please forgive me, Thank you, I love you
- To all those who challenge me: I'm sorry, Please forgive me, Thank you, I love you
- To all those who I don't know: I'm sorry, Please forgive me, Thank you, I love you

[Click here to return to Graceful Rising Instructions.](#)



Gentle Repose Affirmations



- I am grateful for all that I experienced today
- I am grateful for all the positive events and interactions I had today
- I am grateful for all the challenges I experienced today.
- I release all of my thoughts
- I release all of my stresses
- I release all of my emotions
- My mind is quiet and calm
- I release all the tension in my body
- I release all the tension in my jaw, tongue, and forehead
- I release all the tension in my back, shoulders, and hands
- I release all the tension in my stomach and abdomen
- I release all the tension in my feet
- I am fully relaxed in my mind, spirit, and body
- I invite a restful and rejuvenating sleep
- I am ready to receive restorative sleep



Gentle Repose Affirmations (cont.)



- Gratitude
- Peace
- Rest
- Grace
- Compassion
- Ease
- Balance
- Trust
- Comfort
- Tranquility
- Harmony

[Click here to return to Gentle Repose Instructions.](#)

Disclaimer:

The information and audio products provided here are not intended to diagnose, treat, or cure any medical or mental health condition. While all products offered are considered safe to use as instructed, products are offered “as is” and Centerpointe Research Institute (CRI) assumes no responsibility for the misuse of the products or information contained therein, and such information is subject to change without notice. No reference to, or explanation of, research conducted independently of CRI is intended as a substitute for professional medical advice or treatment. CRI is not responsible nor liable for any advice, course of treatment, diagnosis or any other information, services or products obtained from CRI, its representatives, or its affiliates.

Body & Soul 360 was created
by the Centerpointe Team.

