

Breaking the Cycle

Support for Addiction Recovery, Healing, & Breaking Free From Toxic Habits

Welcome to ***Breaking the Cycle***, a suite of powerful Holosync soundtracks with a special guided meditation session designed specifically to help you conquer unhealthy habits, release attachments to toxic coping mechanisms, and heal from the pain of addiction.

No one should live life bound by the invisible chains of addiction or toxic habits. With ***Breaking the Cycle***, you can experience the incredible power of the Holosync neuro-audio technology to help break the unconscious attachments to unhealthy habits and change patterns of thinking and behaving. This powerful collection has been created to help you break free and heal from those kinds of addictions and bad habits that hold you back and harm your chances at a healthy, happy life.

Be sure to read all of the following info and usage instructions before using any of the ***Breaking the Cycle*** Soundtracks.

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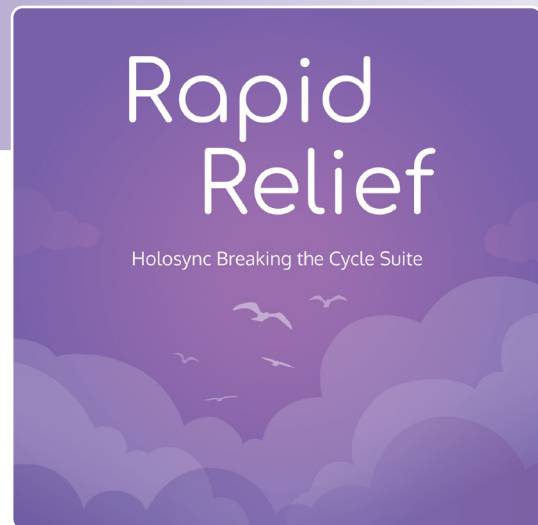
Read the descriptions and usage information below for each of the soundtracks included in your ***Breaking the Cycle*** suite.

Holosync Soundtrack #1:

Rapid Relief

20 minutes

When your body and mind are in a heightened state of anxiety and distress, it's hard to make good choices. But in just twenty minutes, you can literally shift your state from one of tension and anguish to a state of tranquil peace, calm focus, and a relaxed physical state.



This soothing soundtrack is your go-to self care listening session in the midst of the most challenging of cravings or counter-productive thoughts. Using our advanced Holosync audio technology, this soundtrack will help ease whatever urges you might have in the moment to participate in your addictive behaviors.

Rapid Relief brings your brainwave patterns into a light alpha state, ideal for easing anxiety and tension without making you drowsy. It also includes a special collection of affirmations encoded with our proprietary Autofonix technology. Embedded beneath the Holosync tones and soothing music, these affirmations help shape your experience and help you replace negative thinking and unhealthy self-talk with positive, affirming internal self talk.

When faced with the stress of temptation or urges you wish to resist, you can relax without fighting with yourself. Listen once, twice, or repeatedly to this soundtrack for up to 80 minutes at a time.

With Rapid Relief, you'll:

- Decompress intense emotions and diminish heightened emotional charge
- Feel calm and centered in an alpha “flow state”
- Circumvent your fight/flight/freeze response
- Crush addiction-related cravings
- Soothe hypervigilance

Most listeners can expect a feeling of calmness and stillness while listening, followed by a pleasant sense of centeredness and feeling of being more “in control.”

But as always, remember: There’s no single “right” or “wrong” response to listening. Let your brain and nervous system respond in whatever way it does to each session.

For best results, we suggest listening in a distraction-free environment, in a seated or reclining position, with eyes closed.

As with all Holosync soundtracks, listen with stereo headphones or earbuds, and never listen while driving or in situations that require your awareness of your environment.

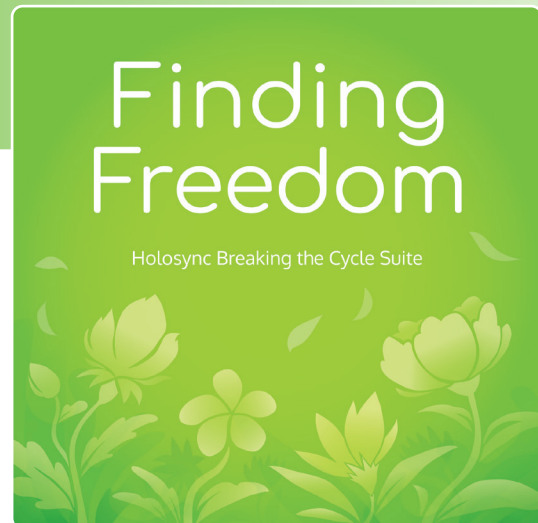
[\[Click here for a list of affirmations included in the **Rapid Relief** soundtrack\]](#)

Holosync Soundtrack #2: Finding Freedom

30 minutes

The addiction cycle can seem endless.

Something happens that causes us stress, we find ourselves mired in negativity and spinning toward choices we know we don't want to make. It can seem hopeless.



But that's a limiting story that isn't really true. Healing and recovery means breaking free of those kinds of limiting thoughts and creating new ways of thinking and acting that support a healthy lifestyle. And with some time and diligence, you can do it!

We created **Finding Freedom** specifically to help you break that cycle of:

**trigger > stress > negative thought > unhealthy behavior
> guilt/shame > trigger >**

Listening to **Finding Freedom** is designed to help you release attachments to old ways of thinking and behaving, while unbinding you from toxic beliefs and unhealthy choices (and supports you in making better ones).

Finding Freedom takes you on a journey through the beta, gamma, and theta brainwave states to evoke a mental tranquility where it becomes easy for you to:

- Break the unconscious connections between triggers and unhealthy choices
- Release shame, regret, and guilt from the past and present
- Increase self-confidence and boost self-esteem
- Forgive yourself and others

Included is a powerful affirmation script recorded using Centerpointe's proprietary Autofonix technology to deliver nearly-silent affirming statements to your unconscious.

Most listeners report feelings of comfort and well-being while listening to **Finding Freedom**.

Due to the potency of this soundtrack, listening can sometimes bring up various emotions as a part of the process of releasing them. If this happens, we suggest simply becoming watchful and accepting of the thoughts, which allows them to dissipate with time.

But as always, remember: There's no single "right" or "wrong" response to listening. Let your brain and nervous system respond in whatever way it does to each session.

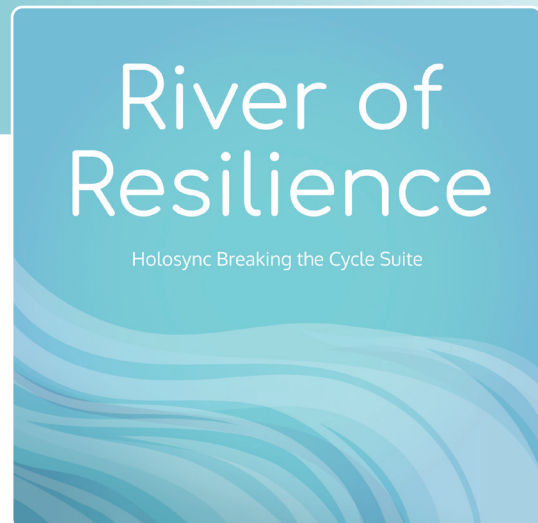
Listen once or twice per day. We suggest breaking up multiple listening sessions by allowing at least 20 minutes in-between sessions.

For best results, we suggest listening in a distraction-free environment, in a seated or reclining position, with eyes closed. As with all Holosync soundtracks, listen with stereo headphones or earbuds, and never listen while driving or in situations that require your awareness of your environment.

[\[Click here for a list of affirmations included in the **Finding Freedom** soundtrack\]](#)

Holosync Soundtrack #3: River of Resilience

30 minutes



Resilience is a key part of every healing and recovery journey. While dealing with specific thoughts and behaviors on a conscious level is important, conditioning your mind to change its unconscious relationship to troublesome thoughts and feelings is what helps create significant long term changes and improvements.

River of Resilience was designed with this in mind. It's an exceptionally potent soundtrack built to help improve your willpower and strengthen your brain's ability to resist temptation and make healthy choices.

Studies have shown that consistent deep meditation can strengthen the prefrontal cortex of the brain, the area that resists reactionary snap decisions, and instead makes healthy ones. Just by listening to **River of Resilience** for 30 minutes per day, you can experience the same benefits enjoyed by long term meditators and start making healthier choices.

River of Resilience targets delta, the deepest of all brain wave patterns, and uses a low carrier frequency to condition the brain to improve mental stamina and release unresolved mental and emotional material.

Most listeners to **River of Resilience** report a feeling of very deep relaxation with the occasional release of negative thoughts or emotions. It's common for some listeners to fall asleep while listening.

But as always, remember: There's no single "right" or "wrong" response to listening. Let your brain and nervous system respond in whatever way it does to each session.

River of Resilience is designed to:

- Strengthen willpower and increase impulse control and resilience
- Support you in making healthy and resourceful choices
- Strengthen prefrontal cortex and calm limbic system
- Solidify an empowered state of mind
- Cultivate deep awareness

Listen once or twice per day. We suggest breaking up multiple listening sessions by allowing at least 20 minutes in-between sessions.

For best results, we suggest listening in a distraction-free environment, in a seated or reclining position, with eyes closed. As with all Holosync soundtracks, listen with stereo headphones or earbuds, and never listen while driving or in situations that require your awareness of your environment.

Note that some listeners may have a positive emotional release of stored up emotional tension, which is perfectly normal and considered a “cleansing” or cathartic experience. As such experiences arise, we suggest simply watching and accepting any thoughts or feelings that are being released.

[\[Click here for a list of affirmations included in the **River of Resilience** soundtrack\]](#)

Special Bonus Track

Holosync Soundtrack #4:

Sunrise Transformation

30 minute guided meditation

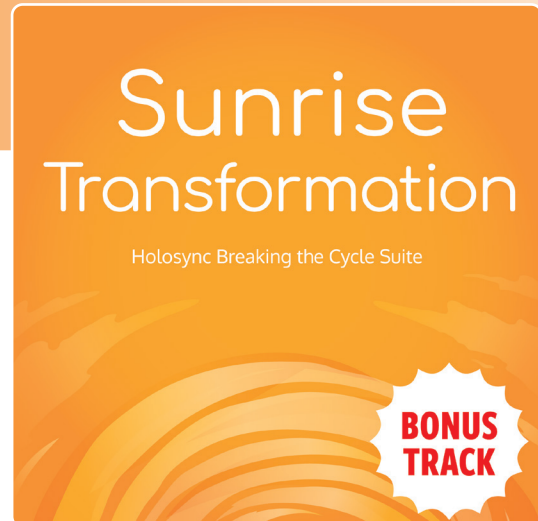
Your ***Breaking the Cycle*** suite includes a very special BONUS for you that'll deepen your experience and improve your results with this powerful Holosync collection.

Sunrise Transformation is a unique guided meditation created by Centerpointe's **Ryan Moore**, a certified Hypnotherapist and Accelerated Results Coach, combined with a powerful Holosync listening session.

Ryan takes you on a 30 minute journey - a scenic hike - during which he will help you shift away from negative beliefs and coping mechanisms using the power of symbolism. Simply by listening to this soundtrack, you can release the weight of guilt, shame, and self-criticism that so often perpetuate the cycle of toxic habits and addictions.

Sunrise Transformation is a relaxing yet powerful experience you can use to speak directly to the unconscious using its own language: the language of symbols and imagery.

Note that some listeners may feel an immediate shift during the session, while others may just feel relaxed. These experiences are totally natural. Remember that the more you listen to the track, the better your results will be.



Listen once or twice per day. This is a track specifically designed so that you can listen in back to back sessions, if you choose.

For best results, we suggest listening in a distraction-free environment, in a seated or reclining position, with eyes closed. As with all Holosync soundtracks, listen with stereo headphones or earbuds, and never listen while driving or in situations that require your awareness of your environment.

This special soundtrack is available as both a guided meditation and a music-only version as well.

Some Things to Remember About Holosync Sessions

- 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 About Holosync Soundtracks

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 do detect the 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) "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 **Breaking the Cycle** soundtracks. Any normal stereo headphones or earbuds will work.

Q) "What track should I listen to first? Is there a sequence?"

A) You can pick any track you wish to listen to first. There is no sequence that needs to be followed. You can focus on one track or listen to them all in the course of your day if you wish.

Q) "How long should I listen to the tracks?"

A) That's entirely up to you. Listen to any or all tracks as needed. Consistent listening yields the best results, but find what works best with your schedule. Refer to the instructions for each soundtrack for more information.

Frequently Asked Questions About Holosync Soundtracks

Q) “What if I don’t have time to listen to all the tracks?”

A) No problem. The **Breaking the Cycle** program is designed to work with your schedule. Whether you end up using only one track for a while and then move on to another, or you opt to work all of them into your daily listening schedule, that’s entirely up to you.

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.
Can I do both?”

A) Certainly. The **Breaking the Cycle** soundtracks are completely compatible with your Holosync Solution tracks or any other Holosync products.

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.

Rapid Relief Affirmations

- I am calm and centered.
- I am strong and capable.
- I make wise choices.
- I believe in myself.
- Today I choose self care.
- Today I choose my Highest Good.
- I love myself in body, mind and spirit.
- I make choices that reflect my deep self love.
- I feel balanced.
- I am satisfied.
- I handle every challenge with grace.
- My good choices strengthen me.
- I am comfortable facing my fears.
- I treat my body, mind and emotions with great respect.
- I invest in my mental and emotional wellbeing.
- I invest in my physical wellbeing.
- I invest in my financial wellbeing.
- I have everything I need in every moment.

Rapid Relief Affirmations (cont.)

- I make wise, compassionate choices.
- I am proud of my choices.
- I am proud of myself.
- Today is a good day.
- I am stronger than any circumstance.
- I choose sobriety.
- I choose balance.
- I am brave.
- I have faith in myself.
- I overcome anything I put my mind to.

[\[Back to **Rapid Relief** Instructions\]](#)

Finding Freedom Affirmations

- I forgive myself for the past.
- I allow myself to grieve.
- I treat my body with respect, appreciation, and love.
- My recovery is a priority.
- I maintain healthy boundaries with ease.
- I inhale compassion for myself.
- I exhale compassion for others.
- I inhale forgiveness for myself.
- I exhale forgiveness for others.
- I am at peace with myself.
- I forgive myself.
- I forgive those who have hurt me.
- I give myself permission to grow.
- I give myself permission to move forward.
- I attract healthy, trustworthy, supportive people into my life.
- I enjoy my own company.
- I am loved and appreciated.
- I am stronger than any circumstance.
- I can do anything I put my mind to.
- I love myself unconditionally.

Finding Freedom Affirmations (cont.)

- I deserve to succeed.
- I am worthy of happiness.
- I am empowered.
- I embrace all of myself.
- I am worthy of love.
- I have the courage to move forward in my life.
- I release all that does not serve me.
- I am living my purpose.
- I have the power to change my story.
- I am stronger than my urges.
- I embrace my individuality.
- It is safe for me to feel my feelings.
- I invest in self-care regularly.
- I ask for support when I need it.
- I am surrounded by a network of support.
- I invest in healthy relationships.
- It is easy for me to communicate clearly.
- I accept all of who I am.
- I respect my own and other's boundaries.
- It is safe to be vulnerable.

Finding Freedom Affirmations (cont.)

- It is safe for me to trust.
- I act in ways I am proud of.
- I love myself unconditionally.
- I invest in my well-being every day.
- I am strong.
- I am kind.
- I am dependable.
- I embrace my recovery.
- I release that which does not serve me.

[\[Back to **Finding Freedom** Instructions\]](#)



River of Resilience Affirmations

- I greet each day with strength and determination.
- I fearlessly embrace recovery.
- I believe in myself.
- I am unconditionally loved.
- I am worthy of respect.
- I am filled with unlimited positive energy.
- I have the courage to be honest with myself.
- I learn and grow more every day.
- I am grateful for this day.
- I give my best to every task.
- I speak my truth with honesty and kindness.
- I choose positivity.
- I attract blessings every day.
- I am at peace with who I am.
- I am filled with courage and confidence.
- I take wise, decisive action.
- I am strong and resilient.
- I am fully committed to achieving my goals.
- I exude confidence and joy.
- I greet every day with gratitude and excitement.

River of Resilience Affirmations (cont.)

- I embrace hope and optimism.
- I allow love to guide my thoughts, words and actions.
- I am becoming the best version of myself.
- I can do anything I put my mind to.
- I live courageously.
- I take responsibility for my choices.
- I seek out the good in each moment.
- I believe in myself.
- I am in charge of how I feel today.
- I treat others with respect.
- I am resourceful and wise.
- I am empowered.
- I make good choices.
- I am sober and happy.
- I make recovery a priority in my life.
- I embrace acceptance.
- I release that which does not serve me.
- I make empowering choices.
- I boldly embrace change.
- I am safe and secure.

River of Resilience Affirmations (cont.)

- I accomplish what I set my mind to.
- I am surrounded by support.
- I accept love, care and kindness.
- I tell the truth.
- I am brave.
- I am trustworthy.
- I make healthy choices.

[\[Back to **River of Resilience** Instructions\]](#)

Disclaimer:

All information, instructions, audio, or other media included with this product is intended for therapeutic support and educational purposes only. While all soundtracks included in this collection are considered safe, users who are under a doctor's or therapist's supervision are advised to consult with their medical/mental health professional before using these soundtracks.

This product is not offered as a substitute for professional medical or mental health care to treat any form of addiction. The content and information provided with this program is not intended to diagnose, treat, or cure any physical or mental condition or illness.

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 health challenges related to addiction are 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.

The ***Breaking the Cycle*** suite was created by the Centerpointe Team.

