



Centerflow Anxiety Solution Info & Instructions

Please be sure to read all the information below to get the most out of your Centerflow Anxiety Solution soundtracks.

Welcome to the Centerflow Anxiety Solution, a collection of three exceptionally powerful Holosync audio soundtracks designed to help you heal and even reverse the effects of anxiety and chronic stress.

Anxiety is one of the most debilitating and wide-spread mental health challenges in the world today. And it's on the rise. Anxiety comes in many forms, including: Generalized Anxiety Disorder (GAD), Panic Disorder (PD), Social Anxiety Disorder (SAD), Obsessive-Compulsive Disorder (OCD), and Post-Traumatic Stress Disorder (PTSD).

But whatever form it takes, anxiety can be a terribly disruptive and heavy burden to bear.

- While there are pharmaceutical treatments available for anxiety, many bring with them unwanted side effects, forcing anxiety sufferers to trade one set of problems for another.
- Some turn to alcohol or other “self-medicating” options, which often only mask the symptoms of anxiety and make matters even worse.
- Others simply suffer in silence, sometimes for decades, never taking action or getting the help they need.

But it doesn't have to be this way...



...because now you possess the tools to break the vice grip of anxiety once and for all!

For 35 years, Centerpointe has been the world leader in combining the cutting edge power of neuro-audio science with the ancient wisdom and benefits of mindfulness meditation practices to heal and improve the lives of over two million people worldwide.

At Centerpointe, our mission is to provide real answers, tools, and solutions to problems that keep us from living happy, healthy, and successful lives. Anxiety can hold us back from that kind of happy life like nothing else can.

That's why we created the Centerflow Anxiety Solution - a pill-free, non-addictive - and effective means of reducing or even reversing anxiety when used consistently.

Centerflow Anxiety Solution uses three powerful neuro-audio technologies: Holosync, Autofonix, and Lateral Carrier Boost to soothe and calm the overactive “fight or flight” limbic system, improve sleep, and retrain your brain to get centered, clear, and grounded in the present moment, even when anxiety is at its worst.

Let's review the powerful Holosync soundtracks that come with your Centerflow Healing Anxiety collection!

Holosync Soundtrack #1: Harmonic Healing

Use the power of neuro-audio technology to soothe and calm the limbic system

Anxiety is not just some nervous feelings or negative emotions. It's a condition that disrupts the brain's ability to manage our emotions and wreaks havoc with our physiology. Anxiety overwhelms our ability to experience peace, clarity of mind, and to feel safe.



Anxiety triggers our limbic system - part of our fight-or-flight response - to get stuck in “overdrive.” This causes disruptions in brain coherence, interrupts synchronous neuro-electrical activity between the two sides of the brain, and floods our system with high levels of cortisol and adrenaline.

This condition, known as hyperarousal, is at the core of anxiety and has been linked to a broad range of mental and physical health problems, including reduced immune response, high blood pressure, heart disease, diabetes, migraines, digestive problems, sleeping troubles, and more.

What many don’t know is that there’s an “off switch” to hyperarousal. It’s called “limbic soothing.” When you can calm the limbic system, you can shift out of that constant state of “red alert.”

Calming the limbic system is the key to healing anxiety because it normalizes neurochemical production, steadies your heart rate and breathing, and moves your mind and body into a state of calm, focused equilibrium.

Harmonic Healing was designed specifically to reduce hyperarousal and soothe and calm an overactive limbic system by using Holosync to help your brain produce slow, steady alpha waves. Alpha waves are associated with emotional calmness, mental clarity, and a reduction of limbic activity.

Plus, Harmonic Healing uses Centerpointe’s proprietary Lateral Carrier Boost to improve brain coherence by strengthening the synchronous neuro-electrical activity between the two cerebral hemispheres. The result is a clear, calm, focused mindset - what we call “whole brain coherence.”

And exclusive to this soundtrack in the Centerflow Healing Anxiety collection, Harmonic Healing also features a calming script of affirmations recorded in our Autofonix encoding technology. These affirmations, effectively silent to your conscious awareness, are designed to replace any negative internal self-talk - such as worries, fears, rumination - with feelings of safety, peace, and wellness.

(Learn more about Holosync, Autofonix, and Lateral Carrier Boost below)



Harmonic Healing is the safest and most-effective psycho-acoustic tool to move your brain out of that tense, edgy, reactive, and fearful hyperarousal state to a zen-like state of tranquility and flow.

Instructions & Soundtrack Details:

For optimal benefits, listen once or twice per day.

- Track length: 30 minutes
- Listen once or twice per day
- Listen with eyes closed in a seated or reclining position
- Listen with stereo earbuds or headphones
- Medium neural driving effect
- Targets alpha brain wave state
- Includes Lateral Carrier Boost Technology
- Includes Autofonix affirmation script

“I didn’t know that something so simple and pleasant to listen to could make such a difference in helping my anxiety. I wish I’d had this years ago!!”

Holosync Soundtrack #2: Delta Dreamscape

Overcome anxiety-induced sleeping problems using the power of Holosync

Over 95% of people with anxiety report sleeping problems, including insomnia, shallow sleep, apnea, and muscle pain or tension during sleep. Some even suffer from nightmares or night terrors that turn a peaceful night into a terrifying ordeal.

Research shows that sleep is absolutely foundational to good physical and mental health. But anxiety presents a real and dangerous threat to good sleep. For those with anxiety, bedtime can mean struggling all through the night with intrusive and disturbing thoughts, rumination, worry, and a persistent sense of fear and dread. For people with anxiety, nighttime can be the worst time of the entire day.



When we should be at our most relaxed and calm, anxiety forces us to obsess over the smallest of problems, fret about tomorrow, or focus on what can feel like insurmountable problems.

Even short periods of disruptions to our sleep can result in serious problems with our mental and physical health.

The bottom line is this: you can't fix anxiety unless you fix your sleep.

The good news is that Holosync is uniquely suited to help with this very issue. By using Holosync's precise brainwave sound entrainment technology, we can move your brain out of that sleepless, restless state of hypervigilance and stress, and gently draw it down to delta, a state of deep, rejuvenating sleep that experts say is crucial for good health.

Delta Dreamscape is the quickest and easiest way to override the debilitating nighttime effects of anxiety, dissolving the worries and fears, relaxing the mind and body for the deepest and most rejuvenating sleep you can imagine!

Listening to Delta Dreamscape consistently can:

- Help you regulate your emotions
- Reduce stress & irritability
- Improve cognitive function like attention & memory
- Restore energy levels
- Enhance resilience
- Balance hormones (lower cortisol, increasing DHEA and melatonin)
- Reduce feelings of nervousness and worry
- Impart a sense of calmness and peace of mind
- Improve immune response

It's a safe, proven, and effective alternative to sleeping pills or other sedatives that uses your brain's natural neuroelectrical frequencies to soothe your mind and body for a good night's sleep.



Simply listen to Delta Dreamscape at the beginning of your bedtime, relax, and let Holosync do the work of washing away any worries or intrusive thoughts while bringing your brainwaves deeper and deeper until you drift off to sleep.

Don't spend another night tossing and turning, worrying, obsessing, and letting anxiety keep you from getting that all-important sleep! Delta Dreamscape is your secret weapon against nighttime anxiety!

Instructions & Soundtrack Details:

For optimal benefits listen right before bed.

- Track length: 30 minutes
- Listen right before bed
- Listen with eyes closed while in bed
- Listen with stereo earbuds or headphones
- Light neural driving effect
- Targets low delta brain wave state

“I’ve struggled with restless sleep almost all my life. I listened to Delta Dreamscape last night and got the best night’s sleep I’ve had in at least the last ten years. Amazing!”

Note: Delta Dreamscape is a potent sleep induction soundtrack. Drowsiness and sleepiness are common reactions to listening. Never listen while driving or in any situation where you need to be alert and aware of your surroundings.

Note: Delta Dreamscape is designed to induce deep sleep quickly and easily. Some users may need to listen consistently over several nights before the sleep induction benefits begin to take effect.



Holosync Soundtrack #3: Safe & Centered

Banish anxious feelings instantly and reconnect to the power of the present moment

Anxiety feeds on fear. It does this by causing us to feel disconnected from ourselves and from our surroundings. This experience, called “derealization,” can have a profoundly troubling effect on those suffering with anxiety.

Derealization can make you feel lost, paralyzed, or numb. It’s a sense of detachment or dissociation from the present moment that can bring with it physiological reactions like shortness of breath, a feeling of heaviness or weight in their chest, muscle twitches, trembling, sweating, dizziness, and nausea. This is the classic anxiety episode or “panic attack.”

This feeling of losing connection to oneself or one’s surroundings is common among anxiety sufferers and can leave them feeling frightened, uncertain, and upset.

But there is a technique you can use, even in the midst of such physiological and emotional chaos, to ease this sense of derealization and panic, and reconnect you to the present moment.

The technique is a simple three-step process of breathing, connecting, and noticing, designed to help you regain control of your thoughts and emotions.

Safe & Centered can rescue you from even the most intense feelings of anxiety and worry. It combines the power of a “dual plateau” Holosync entrainment sequence (with time spent at both an 8Hz low alpha and 4.5 Hz low theta target states) with a short introductory guided meditation.

This guided experience will quickly cause a shift in your state, from tension and worry to one of serene centeredness.

Simply cue up the soundtrack and follow along with the guided instructions. Within moments, you’ll find your breathing becoming calm, your body relaxing, and your mind clear and focused.



Instructions & Soundtrack Details:

For optimal benefits listen anytime you want to reduce heightened feelings of anxiety or distress.

- Track length: 20 minutes
- Listen anytime but ideal when feeling anxious or stressed
- Listen while sitting or standing
- Listen with stereo earbuds or headphones
- Strong neural driving effect
- Targets dual states of alpha and theta with upramp at the end
- Includes short guided centering exercise at the beginning

“This Safe & Centered exercise was like an instant miracle. I went from feeling almost frenzied to feeling like I’d just come out of a hot tub or sauna. This is now my go-to soundtrack anytime I feel that surge of anxiety or panic start up.”



Affirmations

I am calm and at peace with the world around me.

I feel serene, safe, and secure in this moment.

My mind is clear, and I am in control of my thoughts.

I am surrounded by love and everything is fine.

I embrace my feelings and gently return to a state of peace.

I am worthy of a tranquil, happy life.

With every breath, I release anxiety and invite calmness.

I have the strength to move beyond my fears.

I trust in my ability to navigate through any situation.

I am anchored in the present moment, which is peaceful and calm.

My mind is slowing down, making space for peace.

I choose thoughts that nurture and support me.

I am letting go of worries, knowing that I am guided and protected.

With each day, I am more at ease.

I am connected to a deep well of tranquility within me.

I am free from anxiety, and I live in peace.

I am resilient, capable, and calm in the face of challenges.

I trust the process of life to bring only good to me.

I am creating a life of balance and harmony.

I am filled with gratitude for my journey towards peace and serenity.



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 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 Autofonix?TM

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?™

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 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 - 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 Centerflow Healing Anxiety 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 Centerflow Healing Anxiety 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 some soundtracks, we don't recommend that children younger than 13 years of age listen to the Centerflow Healing Anxiety 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 Centerflow Healing Anxiety 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.

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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 experiencing a serious emotional or mental health condition.



Centerflow Healing Anxiety: Terms & Conditions

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