

Complete Confidence

Information & Instructions

Be sure to read all the information below to make sure you get the most out of your Complete Confidence Soundtracks!

Welcome to **Complete Confidence**, a collection of three amazing soundtracks from Centerpointe, powered by Holosync and other state-of-the-art neuro-audio technologies designed to empower you on your path to self-discovery and unshakable self-confidence.

Each soundtrack has been carefully tailored to enhance your self-esteem, supercharge your confidence, and release old unresolved mental and emotional wounds that have been holding you back from living the life you want, the life you deserve!

With **Complete Confidence** you have the effective and easy-to-use tools you need to create a daily practice of self-love and empowerment.

To elevate your life, elevate your confidence!

Let's review the powerful Holosync soundtracks that come with your Complete Confidence collection!



Soundtrack #1: Limitless Confidence

Break the “Cynical Cycle” of Negative Self-Talk and Rediscover the Power of Your Own Limitless Confidence!

If there is only one immutable, undeniable, and certain truth in life, it's this:

Your life, for better or worse, is mainly an outcome of the choices you make. And those choices are largely determined by your **self-talk**.

So powerful are the words you think and say that they are the prime instruments of manifestation according to virtually every manifestation expert who has ever lived.

When you have a thought or utter a word, you generate vibrations. According to some manifestation experts, these vibrations form resonating fields of quantum possibilities. They say that a negative word resonates with a negative experience and begins to attract negativity closer to you. A positive word generates a positive resonating frequency that attracts that positive vibration into your life.

What does all that mean?

Quite simply, it means that the quality of our thoughts directly affects the kinds of people, situations, and opportunities we attract into our lives..

Unfortunately, most people today pay virtually no attention whatsoever to the self-talk in their heads, and barely notice when even their spoken words are bleak, critical, and pessimistic. This negative self-talk becomes the norm, and they can spend an entire lifetime feeling frustrated, lacking a sense of purpose and positive self-esteem.

Maybe they suffered through some difficult childhood experiences. Or maybe they learned to be negative from their caregivers or peers. Whatever the case, they were never taught how to craft *healthy self-talk*.

So, they get stuck in the **Cynical Cycle** where they encounter a problem, create negative self-talk in response to the problem, which then creates a magnetic-like field that attracts - you guessed it - *more problems*.



We can't avoid all the problems in life. But we *can* break the **Cynical Cycle** by changing how we respond to setbacks. And there is no better way to break the cycle than to change our self-talk.

This is especially true when it comes to our self esteem and confidence.

When we're stuck in the **Cynical Cycle**, our thoughts are soaked in negative self-talk like:

- "Nothing ever goes right for me."
- "I always screw things up."
- "Why do bad things always happen to me?"
- "Nobody likes or respects me."
- "Life is so unfair!"

Maybe you don't say these things outloud to yourself, but even if such thoughts are running through your mind in the background, it's enough to keep you stuck in that same cycle of cynicism, defeatism, and despair.

This **Cynical Cycle** is so powerful and pervasive that it can literally ruin our chances to feel good about ourselves, believe in ourselves, and see valuable opportunities for growth and success. Some people live their entire lives defined by this cycle of despair, defeatism, and fear. And that is a tragedy you don't need to endure!

Limitless Confidence is designed to change all of that!

It's a powerful Holosync soundtrack that incorporates a gentle descent into a low alpha brainwave state combined with carefully-chosen affirmations to replace the cynical and toxic self-talk with self-talk that creates optimism and confidence in every area of your life.

This is not an old-fashioned positive affirmation soundtrack. Its cutting-edge audio entrainment sequence uses Holosync to obliterate old, negative self-talk and replace it with self-talk that leads to enhanced self-confidence, unshakable self-esteem, and unstoppable belief in your greatest ally in life - yourself!

The specially-crafted affirmations are recorded in our proprietary Autofonix encoding technology, which means they're essentially silent to your conscious mind, but anchor in



your unconscious mind and will begin to manifest consciously over time. You'll begin seeing results within just a few listening sessions!

This is the easiest and most effective way to boost your confidence with the power of positive self-talk! Plus, **Limitless Confidence** is a great stress reducer too!

Usage Instructions:

Listen to **Limitless Confidence** one to two times per day. Listen anytime but we suggest listening in the morning for best results.

Remember to always use stereo earbuds or headphones, and never listen while driving or when you need to be aware of your surroundings.

Soundtrack Details:

- 20 Minutes
- Light Neural Driving Effect
- Listen anytime daily or as your schedule allows (great first thing in the morning!)
- Listen while reclining or lying down, eyes closed
- Use headphones or earbuds
- Includes target depth of 8.5 Hz
- Includes Autofonix Affirmation Script

Users Report:

Below are some commonly reported experiences by listeners. But remember: Every person is unique and every listening session can feel different. Let whatever you experience while listening be okay!

- Feelings of deep calm and comfort
- Soothing physical sensations
- Deeper focus and calm
- More positive sense of well-being and happiness
- Release of anxieties and worries
- More positive internal self talk throughout the day
- Dreamlike experiences while listening



Affirmations for Limitless Confidence

I am filled with confidence
I am worthy of great success and happiness
I trust in my abilities and believe in myself
I am resilient, smart, and capable
I have limitless energy and stamina
I radiate confidence, self-respect, and inner strength
I am in alignment with my values and goals
I am proud of myself and my efforts to grow and succeed
I am comfortable with myself and carry myself with poise
I communicate clearly and confidently
I trust my intuition and make excellent decisions
I make choices that lead me toward my desired outcomes
I celebrate my accomplishments, big and small
I deserve happiness, love, and success
I am becoming more confident and empowered every day
I know I can succeed in all things.
I know all things are working together to help me succeed
I take charge of my life by taking responsibility for my actions
I am a valuable person, with much to contribute
I embrace challenges as opportunities to succeed and grow
I am surrounded by people who love and support me
I am creating a life I love living
I respect myself and practice self-care
I am proud of my progress
I know there are great things happening and great things to come
I am the master of my life and accept all the good that it has to offer
I am filled with courage and calmness
I accept myself completely as I am while working to better myself daily
I am worthy of respect and admiration
I know, deep inside, that I am capable of amazing things
I am adaptable, resilient, and flexible
I can handle anything
I am ready for any challenge
I attract opportunities like a magnet
I maintain a positive attitude no matter what



Soundtrack #2: You've Got This!

Today You're Ready, Able, and Unstoppable!

Do you have a big meeting coming up? Maybe an appointment you're not looking forward to? A difficult conversation you need to have with a colleague or loved one? A social obligation you've been dreading?

These kinds of situations can often bring a lot of anxiety and stress, especially when we don't feel like we have the confidence and courage we need to deal with them. We can almost feel our energy depleting just anticipating it!

Over 75% of people say they have canceled appointments, skipped work, avoided social situations, or put off important conversations simply because they didn't feel confident in their ability to handle the situation.

Even simple challenges in life can seem daunting when your confidence is low.

But hey, don't worry! **You've Got This!**

While feelings of worry and anxiety might be dominating your mind, the truth is that there is - deep down - a powerful and bold aspect of your Authentic Self that knows just what to do in any situation and is not afraid to forge ahead, tackle any challenge, and get things done.

This hidden part of you is a commanding and confident version just waiting to come to your aid and help you. All you have to do is untie it from the tangled knots of worries, stress, and fear.

And doing so just got a lot easier!



You've Got This! is a quick and effective way to release feelings of anxiety and power up your courage and confidence. It's like charging up your batteries to 100% in just a few minutes!

You've Got This! begins with a short but powerful breathing exercise to ground and center you, followed by a rapid ascent into the gamma brainwave state - a state of optimism, joy, and mental energy.

You can listen to **You Got This!** before that next big meeting or appointment, or anytime you want a burst of confidence and happiness!

Usage Instructions:

Listen anytime you want an immediate mood lift or boost to your self-esteem and confidence, but most effective to use a few hours before any kind of anxiety-triggering event like a big meeting, a challenging conversation, or a job interview.

Remember to always use stereo earbuds or headphones, and never listen while driving or when you need to be aware of your surroundings.

Soundtrack Details:

- 15 Minutes
- Medium Neural Driving Effect
- Listen anytime daily or as your schedule allows (or to experience a confidence boost!)
- Listen while reclining or lying down, eyes closed
- Use headphones or earbuds
- Includes target ascent to 38 Hz (gamma) followed by downramp to 10 Hz (alpha)
- Includes short centering breathing exercise

Users Report:

Below are some commonly reported experiences by listeners. But remember: Every person is unique and every listening session can feel different. Let whatever you experience while listening be okay!

- Feelings of positive mood and heightened energy
- Clarity of mind, improved focus



- Surge in confidence and well-being
- More mental stamina and vigor
- Heightened body awareness and motor coordination
- Feelings of happiness and optimism

Soundtrack #3: Calm & Courageous

Experience the Tranquil Confidence of Limbic Soothing at the Touch of a Button!

Confidence is not loud, brash, or arrogant. Real confidence - deep confidence - is calm and courageous.

But too often, we feel the opposite of calm and courageous. We feel worried, unsure, and distressed. And that's because the chronic stress in our lives keeps us from connecting with that calm wellspring of self-certainty and courage.

Instead, our overactive limbic system is frantically trying to keep up with the demands of life, weakening our ability to believe in ourselves and stay true to our intentions and goals.

Yes, it's true! Your limbic system could be causing you to feel a lack of self-esteem!

The limbic system is part of our fight-or-flight response system and we wouldn't want to be without it. But chronic stress keeps our limbic system in overdrive, always working, never getting a break, and keeping us disconnected from feelings of competence and confidence. It saps our mental and emotional energy and undermines our attempts to succeed and make good choices.

Not only does an overactive limbic system keep us feeling anxious and uneasy, it disrupts the synchronous neuro-electrical activity in the brain. For optimal brain function, both sides of the brain have to work together. But stress makes this nearly impossible by causing neural connections to fire out-of-sync, making it hard to make good decisions, think clearly, and take action.



Stress is no joke. But it's not just chronic stress that drains our confidence.

Unresolved trauma, unhealed emotional wounds, and negative experiences from our past can all contribute to feelings of inadequacy, incompetence, and powerlessness as well. Those who have suffered from trauma or emotional wounds are more likely to have a hypersensitive limbic system and often struggle with low self-esteem and a lack of confidence.

This sounds like a big mountain of problems standing between us and the more confident and capable version of ourselves we know lives inside somewhere.

But what if you could:

- Eliminate the persistent worries, fears, and tension
- Heal and release old unresolved mental and emotional trauma
- Reclaim a sense of courage and optimism
- Soothe and calm the overactive limbic system
- Synchronize the two sides of your brain

...all by listening to a beautiful audio meditation session for just 30 minutes per day?

Well that would be a real game-changer!

With **Calm & Courageous**, you have that game-changer! It's a simple but powerful neuro-audio tool that does all of the above, plus it washes away worries and distress and transports you to a mental space of centeredness, calm, and positive self-esteem.

Calm & Courageous is a very powerful neural driving soundtrack that takes full advantage of both Holosync and our new proprietary technology called Lateral Carrier Boost.

This revolutionary technique produces a cross-stimulation of each cerebral hemisphere with oscillating increases in amplitude. In other words, it exercises each side of the brain independently to encourage more cross-hemispheric synchronization.

Calm & Courageous also uses a low carrier frequency to cause the break up and release of old, unresolved mental and emotional material that is believed to block feelings of joy, peace, and confidence.



With **Calm & Courageous**, you have an exceptionally potent psychoacoustic tool that can supercharge your confidence like nothing else!

Usage Instructions:

Listen anytime, but especially helpful at the end of your day or before bed to help release stored up tension and anxiety.

Remember to always use stereo earbuds or headphones, and never listen while driving or when you need to be aware of your surroundings.

Soundtrack Details:

- 30 Minutes
- Strong Neural Driving Effect
- Listen anytime daily or as your schedule allows (best before bed)
- Listen while reclining or lying down, eyes closed
- Use headphones or earbuds
- Includes target of 5.5Hz (low theta) and a gentle ascent to 8 Hz (low alpha)
- Includes Lateral Carrier Boost Technology

Users Report:

Below are some commonly reported experiences by listeners. But remember: Every person is unique and every listening session can feel different. Let whatever you experience while listening be okay!

- Very deep relaxation, occasional sleepiness
- Trance-like states, “mind awake/body asleep.”
- Occasional cathartic release of old emotional material
- Occasional inner visual imagery/dreamlike experiences
- Better sleep, fewer nightmares/bad dreams
- Sense of peaceful calm and relief from worry and tension



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?TM

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 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 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. (Centerpointe offers a range of affordable, high quality stereo headphones and earbuds. Visit centerpointe.com for details or call 503-672-7117)
- All soundtracks 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.

- 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 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?”

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 Complete Confidence 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 Complete Confidence 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 listen to the Complete Confidence 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 Complete Confidence collection?
We'd love to hear from you! Call or email today!*



Disclaimer:

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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.



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