

# Cosmic Consciousness Collection

**A sonic exploration into the depths  
of space and consciousness.**

## Info & Instructions

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Welcome to the *Cosmic Consciousness Collection*, a suite of four powerful and immersive Holosync soundtracks inspired by real astrophysical vibrational data detected and sonified by astronomers.

Each soundtrack features actual sonic signals and frequencies emitted by stellar objects, including pulsars, black holes, the aurora borealis, and nebulae.

Centerpointe's proprietary neuroaudio technologies are incorporated into expansively textured music to induce a range of profound and transformative listening experiences.

We've also created an optional Guided Exploration version of all four soundtracks, which includes an audible contemplative exploration into both the science of the featured stellar phenomena and the wonder they inspire. (Guided Exploration soundtracks are identical to the music-only versions except for the addition of the narration.)

The *Cosmic Consciousness Collection* celebrates the spirit of consciousness exploration and wonder. It invites you to sit with the mysteries of the universe, to let the sounds of deep space move through you, and to discover what happens when the furthest reaches of the cosmos meet the deepest layers of your own consciousness.

This is a powerful audio collection like no other.

## General Listening Guidelines

- Always listen with stereo earbuds or headphones.
- Listen in a quiet, distraction-free environment.
- Listen with eyes closed, seated, reclining, or lying down.
- Listen anytime of day (see individual soundtrack info for details).
- Never listen while driving or when you need to maintain awareness of your surroundings.



# The Cosmic Consciousness Soundtracks

## Soundtrack #1 Galactic Pulse

*Where the universe's most precise rhythm meets your most expansive mind.*

*Galactic Pulse* is built around one of the most precise rhythms in the universe: the pulsar.

Pulsars are ultra-dense remnants of exploded stars, spinning at astonishing speeds and emitting pulses of energy with clock-like regularity.



*Galactic Pulse* includes a sonified model taken from actual data of Pulsar PSR-J0437-4715, which is one of the closest and brightest pulsars we know of. It spins at precisely 174 cycles per second.

This soundtrack includes a base carrier frequency of 174 Hz, precisely matching the spin of the pulsar. 174 Hz also happens to be the lowest of the healing Solfeggio Frequencies. It targets the gamma brainwave range, which are high-frequency, powerful states of consciousness associated with mental clarity, uplifted mood, and increased brain coherence.

This soundtrack also includes our proprietary Lateral Carrier Boost 2.0 technology to increase synchronous neuroelectrical activity between the two brain hemispheres.

*Galactic Pulse* produces feelings of subtle euphoria, expanded awareness, centeredness, and calm.

- 30 minutes
- Strong neural driving effect
- Targets low gamma (30 Hz)
- Includes sonified pulsar signal of 174 Hz
- Includes Lateral Carrier Boost 2.0
- Listen anytime of day but mornings are recommended

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## Soundtrack #2 Black Hole Encounter

*Enter the void. Return transformed.*

*Black Hole Encounter* is inspired by the immense depth and power of black holes. Black holes are less a “thing” and more a region of space of extreme gravity. Near black holes, even time slows down.



Included in *Black Hole Encounter* is an embedded sonified signal from Sagittarius A, the supermassive black hole at the center of our Milky Way galaxy.

*Black Hole Encounter* features an exceptionally deep epsilon target brainwave state of 0.25 Hz (making it the deepest target state ever offered in a Holosync soundtrack).

It also includes a very potent carrier base of 90 Hz, making it a powerful neural driver capable of breaking up and releasing old, unresolved mental and emotional material. Because of this, listeners may experience cathartic effects of release and healing.

*Black Hole Encounter* includes Lucid State Induction technology, which is a low frequency layered signal embedded within the sonic architecture designed to engage the brain's deepest regulatory networks through sustained neural driving in the epsilon state.

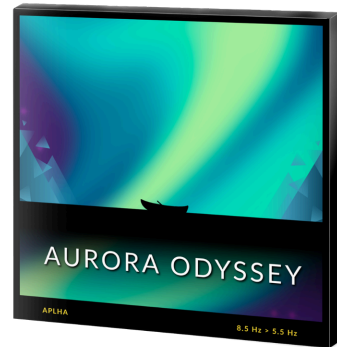
Note: this soundtrack is exceptionally potent and may produce the cathartic release of repressed emotional material.

- 30 minutes
- Very strong neural driving effect
- Targets ultra-deep epsilon (0.25 Hz)
- Includes sonified audio of the black hole "Sagittarius A"
- Includes Lucid State Induction technology
- Listen anytime of day but evenings or nighttime use is suggested
- May cause drowsiness and/or cathartic effects

## Soundtrack #3 Aurora Odyssey

*Mental clarity as vast as the northern sky.*

*Aurora Odyssey* is built on real electromagnetic and plasma wave recordings of the aurora borealis (The Northern Lights).



As charged solar particles enter into Earth's upper atmosphere, they collide with particles like nitrogen, argon, and oxygen, resulting in a spectacular light show of blues, greens, and reds, as well as soft textures of high-frequency sounds that are both calming and stimulating.

*Aurora Odyssey* targets both alpha and theta brainwave states in sequence to produce a sense of mental spaciousness - free of tension - as you might experience when looking up at the aurora at night.

*Aurora Odyssey* also features our Lateral Carrier Boost 2.0 technology to enhance neuroelectrical connectivity between the two cerebral hemispheres, producing a sense of mental clarity and calm.

- 30 minutes
- Medium neural driving effect
- Targets both alpha (8.5 Hz) and theta (5.5 Hz) in sequence
- Includes actual audio data from the Aurora Borealis
- Includes Lateral Carrier Boost 2.0
- Listen anytime of day

## Soundtrack #4 Nebula Stillness

*Drift. Dissolve. Restore.*

*Nebula Stillness* draws its inspiration from stellar nurseries, the vast, luminous clouds of gas and dust from which new stars and planets are born. They are slow, billowing, drifting environments that can span hundreds of light years across.



Included are NASA inspired sonifications of two nebulae: the Tarantula Nebula and the Ring Nebula, chosen for their beautiful musically ambient audio textures that produce a sense of wonder and peace.

The audio design incorporates gradual, low-movement music to mirror the slow forming billowing nature of nebulae.

Beneath these textures is a Holosync sequence targeting two phases of delta brainwaves (2.5 Hz and 4 Hz). These states are associated with deep relaxation and restorative rest.

- 30 minutes
- Medium neural driving effect
- Targets two-stage delta (2.5 Hz and 4 Hz)
- Includes sonified audio data from the Tarantula and Ring nebulae.

- Includes Lateral Carrier Boost 2.0
  - Listen anytime of day but evenings or nighttime use is suggested
  - May cause drowsiness
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## 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 effect 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 Lucid State Induction?™**

Lucid State Induction was developed by the Centerpointe Audio Design Team to stimulate deep brain activity. A complex and precise series of low-frequency tones are layered to allow the listener to experience exceptionally deep states of consciousness while maintaining subtle awareness. This technology is ideal for those interested in experiencing lucid dreaming or other non-ordinary states of consciousness.

## **What is Lateral Carrier Boost 2.0?™**

Lateral Carrier Boost 2.0 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 2.0 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 2.0 - a one-of-a-kind audio innovation you’ll find nowhere else.

## **What is Physical Signal Sonification?**

Physical Signal Sonification is the scientific process of converting vibratory and electrical signals into sound. This can include radio emissions from pulsars, plasma oscillations, solar and gravitational wave activity, and other celestial phenomena.

These models represent actual physical phenomena rather than “image sonification” which uses static visual images like photographs to create the sonified models.

The Cosmic Consciousness Collection is the first and only Holosync-powered suite that incorporates celestial physical signal sonified sounds into its soundtracks.

# 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](http://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! Your Cosmic Consciousness 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 Cosmic Consciousness 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 these soundtracks, we don't recommend that children younger than 13 years of age listen to Cosmic Consciousness 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?"**

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](mailto:support@centerpointe.com)

*Got an exciting story or testimonial to share about using your **Cosmic  
Consciousness Collection** soundtracks? 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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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.

# Cosmic Consciousness Collection:

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