

Chakra Energy Activator Suite Info & Instructions

Welcome to the **Chakra Energy Activator Suite**, a one-of-a-kind collection of audio listening experiences that combine the wisdom of ancient energy healing with cutting-edge neuro audio technologies.

The **Seven Major Chakras** are wheels of bioenergy aligned along the spinal column. Each chakra is associated with specific aspects of our mental, physical, and spiritual health. Each one spins at a specific “rotational frequency” unique to that chakra.

Like a seven-stringed instrument, the chakras need to be properly tuned to their respective frequencies to ensure we’re healthy and happy. When our chakras are tuned, active, and aligned, we’re like finely tuned musical instruments that produce beautiful music.

But stress and numerous other factors can cause our chakras to become out of tune, under or overactive, or blocked entirely. Rather than producing harmony and beauty, they produce dissonance and noise.

Stress, in particular, is notorious for disrupting this energy flow and leading to illness, anxiety, low energy, and more.

While most modern medical techniques focus on healing or improving the function of various organs and systems like our

kidneys or heart, energy medicine or vibrational medicine aims to activate, balance, and heal these energy centers.

The quickest and easiest way to help activate, open, and balance the chakras is by using the power of sound to tune and align their rotational spin. When each chakra is spinning according to its proper vibrational frequency, it's healthy, vibrant, and strong, which means WE are as well!

Holosync acts as a “sympathetic resonator” to help tune and activate the chakras. It works to:

- Align each chakra and tune it to its perfect vibrational frequency
- Clear out and unblock negative energy from the chakras
- Stimulate more connectivity throughout the brain and body
- Heal and release old, negative energies
- Direct energy to various chakras
- Allow access to very deep states of consciousness
- Balance and energize your mind, body, and spirit

Soundtrack Descriptions:

Let's take a look at the seven amazing soundtracks that come with the **Chakra Energy Activator Suite**. (See below for specific listening instructions.)

1) Strong & Connected - Root Chakra Activator

Your root chakra is located at the base of your spine and is the chakra associated with security, safety, connectedness, and basic

human needs. Like trees, we need a strong root system to stay connected and keep growing.

The root chakra is the foundation of the body's energy system. It governs our basic survival instincts and determines our sense of groundedness and connection. It is the center of our emotional balance and stability.

When the root chakra is blocked or out of balance, we can experience feelings of insecurity, anxiety, fear, and a lack of connection with the world. We can feel cut off, not only from others but from ourselves. Worries over any aspect related to our basic needs - our health, relationships, and finances - can create disharmony in root chakra function.

Physical problems commonly associated with the root chakra include lower back pain, problems with the feet or knees, fatigue, and digestive issues.

Strong & Connected is designed to help unblock, balance, and activate the root chakra. This 20-minute soundtrack gets right to the "root" of problems around fear and anxiety, gently soothing our overbusy and overburdened minds and reestablishing a firm sense of groundedness and safety.

Focused on the delta brain wave state and utilizing a very low (potent) carrier frequency, **Strong & Connected** is extremely effective at dredging up old blocks and flushing them out to let the root chakra re-energize and spin at the proper frequency.

Strong & Connected also includes a powerful affirmation script recorded in our proprietary **Autofonix** encoding method. These

affirmations, silent to your conscious mind but perceived and absorbed by the unconscious, are focused on root chakra elements such as safety, connection, and being fully present and centered.

Soundtrack Features:

- 20 minutes
- Target: Delta
- Strong neural driving effect
- Autofonix affirmation script
- Includes a beautiful musical overlay with an ocean surf soundscape
- Includes a Solfeggio base tone of 396 Hz

2) Passionate Power - Sacral Chakra Activator

The sacral chakra is located in the lower abdomen and is associated with creativity, sexuality, passion, and emotional expression. It's often described as the seat of life force energy, linking it to vitality and a zest for life.

This chakra is deeply connected to our emotional experiences, especially where creativity and expression are concerned. A key aspect of the sacral chakra is emotional fluidity - the ability to experience both joy and sorrow in healthy ways and to process difficult emotions effectively.

When we feel blocked creatively or feel emotionally detached or numb, our sacral chakra may be out of balance or blocked. Problems with the sacral chakra can also manifest as a fear of intimacy or imbalanced libido. Sometimes, a blocked sacral

chakra can result in low affect - an inability to feel or connect with ourselves or others emotionally.

Physical problems associated with the sacral chakra include kidney issues, reproductive problems, sexual dysfunction, hip and back problems, and digestive issues.

With **Passionate Power**, you have a superb and easy-to-use audio tool designed to free up emotional blocks related to poor sacral energy, fire up your creativity, and awaken your zest for life!

Using potent carrier frequencies and extended time at a very precise 5.5 Hz theta brainwave pattern, **Passionate Power** will help you obliterate blocks to your own emotional power, awaken your passion, and get your creative juices flowing!

Plus, **Passionate Power** includes a wonderful **Autofonix** affirmation script to help create powerful internal self talk to support a healthy and vibrant Sacral Chakra and ignite your creativity and passion for life!

Soundtrack Features:

- 20 minutes
- Target: Theta (with upramp)
- Strong neural driving effect
- Autofonix affirmation script
- Includes a beautiful musical overlay with gentle flowing water and natural ambient sounds
- Includes a Solfeggio base tone of 417 Hz

3) Core Radiance - Solar Plexus Activator

Your Solar Plexus chakra is located in the upper abdominal area at the center of your body. It is, literally, your core.

It's associated with your confidence, your personal sense of self, and your willpower. This chakra is said to contain energy used to take action toward our goals and desires. It empowers us to make decisions with confidence and clarity. People striving to manifest success in their lives should pay special attention to the solar plexus chakra as it houses energy related to motivation and determination.

Many people have blocks in their solar plexus chakra which manifests as a lack of confidence, a sense of powerlessness, fear of failure, and mental and emotional fatigue.

When we struggle to move forward in life or take action on our goals, our solar plexus chakra may be blocked or unbalanced. We can lack motivation and drive, and feel beset by frustration and disappointment.

In our relationships it can cause us to struggle drawing and maintaining healthy boundaries.

Physically, problems with the solar plexus chakra can include digestive problems, blood sugar imbalances, weight management problems, and problems related to the liver.

Core Radiance is designed to fire up the immense energy held in your core. It uses a complex series of frequencies to retune and align the solar plexus chakra with both gamma and alpha

brainwaves. This unique sequence of brainwave patterns works to ignite your core like a furnace of personal power, unstoppable confidence, and energy!

Core Radiance includes a very powerful Autofonix affirmation script designed to reignite your confidence, will power, and banish mental and emotional fatigue!

Soundtrack Features:

- 20 minutes
- Target: Gamma/Alpha
- Strong neural driving effect
- Autofonix affirmation script
- Includes a soothing musical overlay with natural water flow
- Includes a Solfeggio base tone of 528 Hz

4) Loving Harmony - Heart Chakra Activator

Your heart chakra is where you would expect to be, right in the middle of your chest. It's associated with love, compassion, forgiveness, and kindness. It is said to be the energetic bridge between the physical and spiritual aspects of our being. It houses the energy we use to express and receive love and kindness with others.

This chakra often becomes blocked after we go through relationship troubles, or when we feel betrayed or mistreated by someone we loved or trusted.

Signs of a blocked or unbalanced heart chakra include difficulty giving and receiving love, a fear of intimacy or affection, a lack of empathy, and even apathy about life in general. We may find it hard to forgive, or we hold grudges and get stuck in feelings of anger and resentment. We can feel distrustful of others, and end up feeling lonely and isolated.

As you'd expect, an unbalanced heart chakra can manifest as heart problems, high blood pressure, respiratory issues, anxiety, and upper back and shoulder pain.

We designed **Loving Harmony** to address all of the above using a variety of cutting-edge sound technologies. This 20 minute low alpha-focused soundtrack uses Centerpointe's Variable Beat Technology to support healthy Heart Rate Variability (HRV), a key biomarker of healthy heart function. Alpha has been shown to be helpful in calming and soothing the heart, reducing limbic activity, balancing stress hormones, and helping reduce high blood pressure.

Low alpha brain wave patterns have been associated with experiences of love, calmness, and peace. Mediating in alpha can create more emotional depth and connection, and help open blocks in the heart chakra, freeing up the energies of love, forgiveness, and compassion.

And **Loving Harmony** includes a beautiful affirmation script recorded in our proprietary Autofonix technology designed to clear, soothe, and open your heart chakra.

Soundtrack Features:

- 20 minutes
- Target: Alpha
- Medium neural driving effect
- Variable Beat Entrainment
- Autofonix affirmation script
- Includes a beautiful musical overlay with gentle lakeside water soundscape
- Includes a Solfeggio base tone of 639 Hz

5) Clear & True - Throat Chakra Activator

The throat chakra is located at the base of the neck. It's associated with communication and authentic self-expression. We know how powerful our words can be, especially in our relationships with others. Our ability to communicate clearly and honestly depends on a healthy throat chakra.

When the throat chakra is unbalanced or blocked, we can find it hard to express our thoughts and feelings. We can be shy, hesitant to speak up or join in conversation with others. Problems with the throat chakra can cause us to speak too much or hold too much back.

Sometimes it can cause others to see us as being very quiet or reserved, and we can avoid social situations for fear of having to engage in conversation or interact with others.

We might have a blocked or unbalanced throat chakra if we suffer with neck and shoulder pain, frequent sore throat or

cough, thyroid issues, teeth and gum problems or infections, and jaw problems like TMJ or teeth-grinding.

To design **Clear & True** we've created a slow and steady Holosync entrainment sequence that targets a shallow and soothing light theta state (8.5 Hz), ideal for releasing constricting energy around the throat chakra area. This soundtrack includes an "upramp" at the end, leaving you refreshed and energized.

Listening regularly to **Clear & True** can help tune and balance the throat chakra, helping you improve your ability to express yourself clearly and authentically.

Plus, to help improve your communication, we've included Centerpointe's proprietary **Lateral Carrier Boost** to help synchronize neuroelectrical activity between the two hemispheres of the brain!

And we've created a wonderful **Autofonix** affirmation script designed to clear and open your throat chakra with verbiage to support your expressive power!

Soundtrack Features:

- 20 minutes
- Target: Theta (with upramp)
- Medium neural driving effect
- Autofonix affirmation script
- Lateral Carrier Boost Technology
- Includes a soothing musical overlay with a distant surf soundscape
- Includes a Solfeggio base tone of 741 Hz

6) Brilliant Clarity - Third Eye Chakra Activator

The third eye chakra is located on your forehead, right between and slightly above your eyebrows. This is the center of your wisdom, intuition, knowledge, and imagination. We depend on a healthy third eye chakra for clarity of thought, focus, and mental stamina. More than any other chakra, the third eye chakra is associated with brain health and cognition.

When the third eye chakra is unbalanced or blocked, we can have trouble making decisions, struggle with poor memory, and lack intuitive wisdom. We can also find ourselves stuck in old routines and unable to embrace new ideas or concepts. We can become resistant to things that challenge our established beliefs and ideas and have trouble digesting new information.

If you suffer with migraines or headaches, sinus infections, vision problems, tinnitus or other hearing problems, sleep disorders, or memory issues, it may be a sign of an unbalanced third eye chakra.

Meditation, especially with Holosync, is ideal for restoring energy and balance to the third eye chakra. **Brilliant Clarity** is an alpha training track that combines a light carrier signal with two dips into low alpha to spark your intuition and improve mental flexibility. With **Brilliant Clarity**, you can break up the blocks in the third eye chakra to release the powers of imagination and insight commonly associated with deep, trance-like meditation.

Brilliant Clarity includes a powerful **Autofonix** affirmation script designed to heal and balance the third eye chakra.

Soundtrack Features:

- 20 minutes
- Target: Alpha dips
- Light neural driving effect
- Autofonix affirmation script
- Includes a beautiful musical overlay with a bubbling fountain soundscape
- Includes a Solfeggio base tone of 852 Hz

7) Infinite Enlightenment - Crown Chakra Activator

The crown chakra is at the very top of your head, the pinnacle of the seven chakras. It's associated with universal consciousness, spiritual connection, and transcendent experience. It's also said to house energies related to purpose and meaning. Those with rich spiritual lives or a strong sense of wonder and connection to elements of the divine, have healthy crown chakras.

When the crown chakra is blocked or unbalanced, we can lack a sense of connection to higher wisdom, become cynical about life, and focus only on material needs while ignoring our spiritual development and health.

We can feel "off" or like we're not fully present in our own lives. A blocked crown chakra can cause us to feel a lack of meaning, and feel unsure or confused about our purpose in life. It can even cause us to lose track of time or feel disoriented and "out of sync" with what's happening around us.

When we have problems with our crown chakra, we can experience headaches (especially at the top of the head), mental

fatigue, depression, anxiety, neurological issues, and memory problems.

Sometimes the crown chakra can become overactive, causing us to become preoccupied with material or superficial things while neglecting our deeper self-care needs.

We created **Infinite Enlightenment** to stimulate and balance the crown chakra using the power of sound. It's an extremely powerful meditation tool designed to activate and cleanse the crown chakra with consistent use.

Infinite Enlightenment includes two spikes into the gamma brainwave state. Gamma is associated with feelings of joy, compassion, euphoria, clarity of mind, and mystical experiences.

Infinite Enlightenment also includes our proprietary Lateral Carrier Boost to increase synchronous neuroelectrical activity between the hemispheres. This increase in bilateral brain activity means better focus, memory, and optimal mental performance. This is a unique audio meditation like no other!

And we've crafted a beautiful **Autofonix** affirmation script to help open, balance, and heal the crown chakra, leading to enhanced clarity and expanded awareness.

Soundtrack Features:

- 20 minutes
- Target: Gamma spikes
- Very strong neural driving effect
- Autofonix affirmation script

- Lateral Carrier Boost Technology
- Includes a soothing musical overlay
- Includes a Solfeggio base tone of 963 Hz

Listening Instructions:

- You can pick any of the soundtracks to focus on, or listen to them in sequence over the course of seven days and then begin the sequence again. (See below for more recommendations)
- Listen up to two hours per day to any combination of soundtracks.
- Listen lying down or reclining, with eyes closed, in a distraction-free environment.
- Always listen with stereo headphones or earbuds.
- Listen at a comfortably low volume level.
- We suggest focusing your thoughts and attention to the area associated with each chakra soundtrack while listening.

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.
- Always listen at comfortably low volume levels (louder isn't better)
- Never listen while driving or riding a bicycle or while doing anything that requires your full attention.

- Holosync requires stereo earbuds or headphones. While the music 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. (Centerpointe offers a range of affordable, high quality stereo headphones and earbuds. Visit shop.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.
- 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

“How were these chakra activating soundtracks designed?”

- Each soundtrack from the **Chakra Energy Activator Suite** was meticulously designed to tune and enhance the vibrational frequencies associated with one of the **Seven Major Chakras**. To accomplish this, we first used music composed in the base frequencies of each chakra. We then designed Holosync to complement the root tones of each chakra frequency. And finally, we included an embedded single Solfeggio tone unique to each chakra to act as a “sympathetic resonating frequency,” to align and entrain each chakra to the proper vibration.

“How long are these soundtracks and do they include affirmations?”

- Each soundtrack is 20 minutes long and includes a carefully curated set of affirmations specifically designed to open, heal, and tune each of the **Seven Major Chakras**. The affirmations are recorded using Centerpointe’s proprietary Autofonix encoding technology, making them silent to your conscious mind but are absorbed unconsciously.

“How should I use these soundtracks?”

- You can choose to focus on one or more of these chakra activating soundtracks according to your needs although we recommend listening to them in sequence for optimal benefits.

- Or, for a full-body chakra healing intensive, you can listen to each soundtrack for one week (making a seven week sequence) and repeating the same seven week listening plan as long as you wish.

“I hear a faint hum or buzz on my soundtracks”

- 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.

“Will the soundtracks work better at a louder volume?”

- 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.

“I’m also doing The Holosync Solution™ program. Can I do both?”

- Absolutely! These 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 Chakra Energy Activator soundtracks. Be sure to refer to the

instructions for each of the soundtracks for listening recommendations.

“Can children listen to these soundtracks?”

- Due to the potency of some soundtracks, we don't recommend that children younger than 13 listen to these 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 and Help Desk 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 Chakra Energy Activator Suite? We'd love to hear from you! Call or email today!

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