

# CENTERFLOW HEALING TRAUMA SOLUTION

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## INFO & INSTRUCTIONS

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### Welcome!

Welcome to the Centerflow Healing Trauma Solution, a revolutionary and life-changing audio program designed to help you overcome and heal trauma using the power of sound!

This unique collection includes six powerful audio soundtracks that utilize the latest in neuro-audio technologies and include both active and passive listening sessions. Plus, you get a LOT of extras to accelerate your healing journey!

(This is our second trauma-based collection of audio tools. For more information on our first trauma-based program, Total Trauma Relief, [click here.](#))

***Please be sure to read all the information below to make sure you get the most out of your Centerflow Healing Trauma Solution materials.***

***And be sure to watch the short Welcome Video for a short and informative walkthrough of all that comes with the Centerflow Healing Trauma Solution.***

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## Before You Begin...

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Before you begin using these powerful audio tools, we'd like you to know that we understand that this is not easy. Working to heal trauma takes immense courage on your part. We know that trauma can be a delicate topic, often one that we keep hidden away, not only from others but also from ourselves.

Sometimes we unconsciously repress trauma, sometimes we actively ignore it. And sometimes we even find ourselves stuck with toxic or dysfunctional behaviors and habits that really aren't serving our "highest good."

While there are many kinds of trauma that can affect us in dozens of different ways, trauma often leaves us with mental, emotional, and sometimes physical effects that need attention. There isn't one single way to heal trauma, but we believe sound therapy holds great potential for powerful trauma healing.

And though many of us are very aware of our experiences of trauma, much of the mental and emotional content surrounding our traumatic experiences are repressed - packed up and stored as far away from our conscious awareness as possible.

We want you to know that repressing unresolved trauma is not "bad" or "wrong." In fact, it's a normal reaction to coping with trauma. But it also means that to truly heal trauma you have to do more than talk about it or think through it. And as we know, ignoring trauma doesn't make it go away.

You have to get to the root of those memories and experiences on a deep level in order to heal and release them. If you can truly release trauma stored at the deepest level, and improve your emotional resilience while also reducing your stress, you have a terrific formula for success in healing your trauma.

Unlike most forms of trauma treatments, which usually focus on medication or talk therapies, Centerflow Healing Trauma Solution uses non-invasive and cutting-edge neuro-audio technologies to gently assist you with a range of healing techniques both active and passive.

While we are not offering our tools and support as a substitute for professional mental health care, we're committed to providing you with effective and easy-to-use audio tools, designed with one intention in mind: to help you become a happier, healthier, more whole human being.

We're confident we can do that because we've been doing it for over 30 years. Our Holosync technology's ability to help people heal old, unresolved mental material and finally get rid of emotional "baggage" is perhaps the most life-changing of its many benefits.

It's our hope that you find healing, growth, and tangible results from this unique audio collection!

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# How to Use Your Centerflow Healing Trauma Solution Soundtracks & Extras

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**Centerflow Healing Trauma Solution** consists of six powerful soundtracks using several proprietary audio technologies, plus an easy-to-use **Centerflow Weekly Healing Trauma Journal**.

Some soundtracks include active exercises with audible instructions for you to follow as you listen, and some are passive, where you can simply sit back, relax, and listen.

And remember that you also get access to our **Accelerated Results Coaching Team** to significantly improve and speed up your results!

You're welcome to select from the menu of audio soundtracks to listen to on your own, or you can follow the **Six Day Listening Schedule** which invites you to listen to one soundtrack each day for six consecutive days, followed by a day where your listening schedule is replaced with a **Centerflow Healing Trauma Journal** entry.

The **Centerflow Healing Trauma Journal** is optional, but using it will help you get the most out of the program.

Note that each soundtrack has a unique purpose, and if you find yourself drawn to work with one soundtrack more than another, that's absolutely fine.

Now let's look at each of the soundtracks you get with the **Centerflow Healing Trauma Solution** and go over how best to use them.

## 1) Somatic Soother

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**A guided full-body-scan exercise to help you release stored trauma and tension throughout your body.**

Mental health and medical professionals have long understood that trauma is not only a set of bad memories or emotions. Our bodies register and store traumatic experiences too, even on a cellular level. And it's often the body itself that provides signals when we are feeling the effects of trauma or other distressful emotions.



When the body has experienced trauma, we can feel chronically tense, out of sync with the moment, our muscles taut, our breathing constricted, our bodies stiff and clenched in resistance. If you've experienced a panic attack you know that the body can feel many things that the mind isn't completely aware of.

This ability your body has to scan the environment for threats is called *neuroception*. The body watches for threats and reports any problems to the brain. But trauma can keep our brains and bodies stuck in a loop where we feel like we're constantly under threat.

This is why healing trauma must be holistic in its approach, not focusing solely on a given set of thoughts or memories, but on the whole person, including our physical well being.

The body has its own unique neuroceptive language that can give us crucial information about how we're managing our thoughts and emotions. Trauma can sever that all-important mind-body connection. So it's important that we pay attention to our body, and listen to its needs and wisdom.

**That's what somatic means - body-centered, body-aware.**

One of the most effective ways of developing somatic awareness is with body-scan guided meditations. By progressively focusing on each part of the body, tensing then releasing specific muscle groups in sequence, you can:

- Tune-in and listen to the body
- Release stored up tension or “resistance points”
- Enter a state of “head-to-toe” complete relaxation
- Banish fatigue and restore energy

This powerful technique is used not only for trauma healing, but also by professional athletes to keep their bodies supple, strong, and free from strain and stress. Athletes know that to perform at their best they can't just think positive thoughts. They also have to condition the brain and body to get into a state of flow - calm and centered.

In just 30 minutes, **Somatic Soother** will ease you into a state of pure relaxation, calm your heart rate, relax your breathing, and leave you feeling tranquil and peaceful. **Just follow the guided instructions while reclining or lying down, and relax!**

This soundtrack includes Holosync to bring your brainwaves down to 6 cycles per second, which is in the theta state, a state of deep relaxation and calm.

### **Soundtrack Breakdown:**

- 30 Minutes
- Light neural driving effect
- Listen anytime, reclining or lying down, eyes closed
- Use headphones or earbuds
- Includes audible guided exercise with breathing
- Includes Holosync targeting theta
- Available in a soothing musical version or a naturescape with gentle ocean surf

*(Note - if you have any physical injuries or challenges that affect your muscles or joints, we recommend that you check with your doctor before completing the exercises in Somatic Soother).*

## 2) At Peace With the Past

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**A deep and powerful soundtrack utilizing epsilon brain waves to help heal and release deeply-stored trauma.**

If you own our trauma-healing Holosync Suite, **Total Trauma Relief**, then you know that it includes a soundtrack called **Release & Renew**, which was our first epsilon-based soundtrack included in a Holosync suite. **At Peace With the Past** also targets the epsilon state, but in an even deeper way.



**Epsilon waves** are extremely deep, slow waveform patterns where some believe our most difficult and deeply-repressed memories are stored - as far from our conscious awareness as possible.

By bringing the brain down into these extremely deep states, we can “change the charge” of negative, toxic thoughts and feelings into a neutral state; a state where previously troublesome unconscious material can be flushed out and released.

Many have found that triggering epsilon brainwave activity results in the breakdown and release of what is essentially concretized toxic trauma-related thoughts, memories, and sensations. It’s sort of like power-washing away the old emotional grime that has been caked on our minds and spirits for too long.

The problem is that few people can experience epsilon waves on their own. Only those who have diligently practiced deep meditation for many years can do so, and even then, rarely on command.

**But with Holosync, you have the key to enter these exceptionally deep epsilon states with ease.**

**At Peace With the Past** expands on the power of epsilon waves by taking your brainwaves down to the deepest possible state (as low as 0.3 Hz) with an

extended time spent at this very deep state.

Plus we've included a deep carrier wave to take advantage of Holosync's "neural driving" effects, triggering new neural connections, and improving mental and emotional resilience.

This soundtrack also includes Centerpointe's proprietary **Lateral Carrier Boost** technology to enhance the neuro-electrical synchronization between the two hemispheres of the brain, leading to more mental clarity, focus, and calmness.

And as an added benefit, we've created an extended and powerful set of affirmations - recorded in our proprietary Autofonix encoding technology - designed to help you release old, unresolved mental and emotional issues, and fully embrace the present moment. (There is no audible verbiage on **At Peace With the Past.**)

Simply sit or recline and listen with eyes closed. As with all Holosync soundtracks, be sure to listen with stereo headphones or earbuds.

If you're looking for a potent and safe way to finally eradicate the lingering effects of trauma, to change the charge of troublesome memories and feeling, and wash away the worries and fears that have been plaguing you for too long, **At Peace With the Past** is the ideal audio tool to help!

### **Soundtrack Breakdown:**

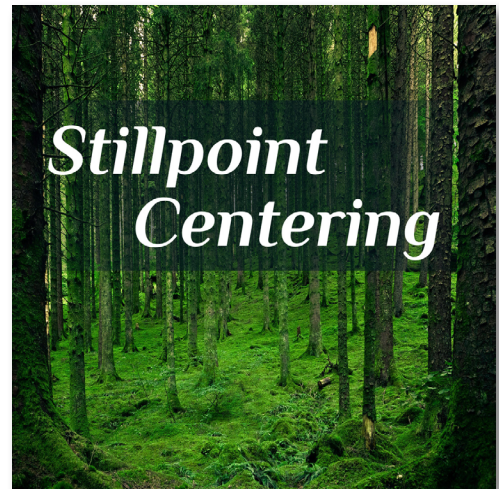
- 40 minutes
- Medium neural driving effect
- Listen anytime, sitting, reclining, or lying down, eyes closed
- Use headphones or earbuds
- Includes Holosync targeting epsilon state (0.3 Hz)
- Includes Lateral Carrier Boost
- Includes Autofonix Silent Affirmations
- Available in a soothing musical version or a natureescape with a calming brook, gentle winds, and enchanting birdsong

### 3) Stillpoint Centering

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**Find your stillpoint, calm hyperarousal, and enter a state of deep peace and centeredness**

Trauma is not confined to a single bad event we experience. Like a stone tossed into a lake, the ripple effects from trauma expand outward, often long after the stone itself has reached the bottom.



We already know that trauma can affect our peace of mind, our relationships, our self-esteem, and more.

**But did you know that trauma can actually change the way our brains handle stress**, even when stressful triggers seem to be absent? Take a look at the just a few of the effects of trauma on the brain:

- Trauma can cause the **amygdala** - the part of the brain responsible for managing our emotions - to be more reactive, which in turn makes us anxious, on-edge, and easily startled.
- Trauma can change the **prefrontal cortex** - the part of our brains that help us make decisions and manage our impulse control. Trauma can actually cause this crucial part of our brain to become thin and shrink in size, impairing our ability to think clearly and make good decisions.
- Trauma can lock us into a state of **dorsal vagal response**, the oldest coping mechanism our brains developed to handle threatening situations. This is the “freeze and immobilize” response many animals use when they “play dead” when danger is near, for example. When we get stuck in this state, we feel detached, emotionally paralyzed, and disconnected from life.
- Trauma can damage the **hippocampus** - a part of our brain that helps us

manage our memories. When we experience trauma, the hippocampus can become overwhelmed and cause us to block or repress certain memories that could otherwise be healed and released with proper care.

- Trauma can cause changes in the **hypothalamus** that result in higher levels of adrenaline and a chronic activation of our stress response, leaving us feeling like we're on alert 24/7.

**All of these problems create a state of hyperarousal**, where we find ourselves edgy, emotionally off-balance, reactive, and on “red alert,” always watching out for perceived threats and in a near constant state of hypervigilance.

Even when there are no immediate threats or sources of stress in our environment, our brains are telling our bodies that we need to watch out and be on high alert. When we're stuck in a state of hyperarousal, we feel worn-out and exhausted, our coping ability stretched and strained, our patience thin, and our emotions ragged and sensitive.

Some trauma sufferers have been dealing with this problem for so long, it has become the norm. They come to believe it's just how the rest of their lives will be. But it's possible to reverse the feelings associated with hyperarousal by finding our stillpoint - the center of our authentic selves.

Like the eye in the middle of a hurricane, the stillpoint is a place of calm centeredness, where the reactivity and intensity of a hyperaroused brain are calmed, and where you can finally breathe deeply and regain your emotional equilibrium.

**Stillpoint Centering** combines a short guided breathing exercise followed by a voice-free Holosync session drawing your brainwaves down to a very deep theta state of serenity and peace.

This method slowly retrains the brain to move out of hyperarousal and into a state of neuroceptive calm. You'll also hear a few audible affirmations after the breathing exercise. The full affirmation script will then transition into our Autofonix

encoding method so you won't hear the verbiage audibly.

This soundtrack also includes Centerpointe's proprietary **Lateral Carrier Boost** technology to enhance the neuro-electrical synchronization between the two hemispheres of the brain, leading to more mental clarity and calmness.

Simply sit back and follow the guided exercise and then let yourself become still and quiet, gently entering a state of peace and calm.

### **Soundtrack Breakdown:**

- 20 minutes
- Medium neural driving effect
- Listen anytime, reclining or lying down, eyes closed
- Use headphones or earbuds
- Includes Holosync targeting low theta
- Includes Lateral Carrier Boost
- Includes short guided breathing exercise
- Includes Autofonix Affirmation script
- Includes anchoring tone of 528 Hz
- Available in a soothing musical version or a naturescape with a bubbling brook, birdsong, and rustling wind through the trees

## 4) Vagus Sonic Stimulator

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**Match your own voice specially selected tones to activate and soothe your Vagus Nerve for calming and centering.**

The Vagus nerve is one of 12 cranial nerves that connect the brain to various parts of the body. It's responsible for controlling heart rate, hormone production, digestion, breathing, and more. It helps our bodies know when to switch into fight-or-flight mode (sympathetic), and when to stay calm and relaxed (parasympathetic).



**Trauma is known to interfere with the proper functioning of the Vagus nerve and makes it difficult for us to regulate our mood and physiology.**

When the Vagus nerve is not functioning properly it communicates to the brain that there's a problem (even when there isn't). We feel anxious, reactive and, edgy, and struggle to sleep or even relax. As with hyperarousal, we might even feel a sense of panic even though we know there's no immediate threat.

Signs our Vagus nerve is malfunctioning include constricted or shallow breathing, high cortisol and adrenaline levels, stiff and tense muscles, and emotional reactivity. It's like being in fight, flight, or freeze mode 24/7.

The Vagus nerve also plays an important role in our digestion, so when it's not functioning properly we can experience chronic indigestion, acid reflux, blood sugar abnormalities, bloating, and malabsorption of nutrients. If you've ever suffered from problems like these you know how debilitating they can be.

It's no wonder there's been a surge in interest in ways to stimulate and heal the Vagus nerve.

**One of the best ways to soothe the Vagus nerve is with sound.**

It just so happens that your Vagus nerve is connected to your brains' auditory processing centers. In fact, the Vagus nerve is connected to your vocal cords and the vestibulocochlear nerve in the inner ear. Every sound you hear is processed by the Vagus nerve and analyzed to determine if danger is present, and whether the body should react or relax.

**And there are certain key frequencies or tones that are known to stimulate the Vagus nerve to help soothe and calm it.** When we match those frequencies with singing, humming, or “toning,” we create vibrations within our bodies that resonate with the Vagus nerve and soothe our bodies and brains.

**This is another reason so many researchers are beginning to recognize the healing power of sound!**

Holosync can shift the Vagus nerve from a sympathetic (reactive) mode into a parasympathetic (relaxed) state.

**Vagus Sonic Stimulator** uses Holosync to relieve tension, plus a specially selected set of two audible tones known to stimulate healthy Vagus nerve activity.

The way it works is this: simply listen to the guided instructions and when prompted, hum or sing along with the tones. Humming along with the tones will cause resonant vibrations in your Vagus nerve, move you out of a state of tension and stress, and impart a sense of calmness and ease.

You'll be amazed at the results this simple audio exercise can have!

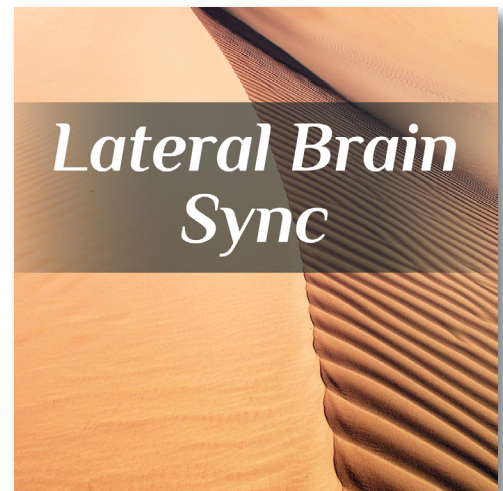
*Note: this soundtrack is very potent and is capable of producing cathartic responses in some listeners. Catharsis is the therapeutic process of releasing stored up negative energy and emotions to provide relief from trauma and other heavy emotional material. While this is a liberating experience, it can sometimes involve the recollection of difficult memories or sensations as these elements are being released.*

### **Soundtrack Breakdown:**

- 15 minutes
- Strong neural driving effect
- Listen anytime, reclining or seated upright (recommended), eyes closed
- Use headphones or earbuds
- Includes passive and active toning exercise
- Includes audible tones of 160 Hz and 120 Hz
- Includes Holosync targeting high theta
- Available in a soothing musical version or a natureescape with rain and gentle thunder

## 5) Lateral Brain Sync

**Using Lateral Carrier Boost technology to increase harmonic brain synchronization, release a heavy “cognitive load, and improve clarity and peace of mind.**



When we're left with negative thoughts and feelings from trauma, it can be overwhelming. And even when we're eager to heal our trauma, it can be tough to talk about it. This is not only because we've experienced something difficult, but also because trauma can rob us of the ability to think clearly and communicate effectively. Trauma can leave us with trouble communicating, collecting our thoughts, and simply processing our ideas. Our focus becomes muddled and dull. Our attention spans are short and prone to distractions.

This is because trauma and emotional damage can leave our brains dealing with a heavy “cognitive load.” Studies have shown that this results in a brain that's slow to respond and poor at making healthy decisions. It's like carrying too many bags of heavy groceries - we move slowly and struggle to make it up the stairs.

Making matters worse, we're often emotionally reactive and often drenched in feelings of anger, frustration, and despair. When we're under a heavy cognitive load, life can be a real struggle. Simply thinking clearly can feel like a real slog.

One hallmark of a brain that's laboring with too much “cognitive load” is a breakdown of connectivity between the two sides of the brain.

Connecting each of the two cerebral hemispheres is a band of neuro-fibers called the *corpus callosum*. Think of it as a bridge that carries traffic from one hemisphere to the other. In this case, the traffic consists of neuro-electrical signals traveling to and from each hemisphere.

An efficient and quick-thinking brain has a lot of cross-callosal activity; traffic

flows smoothly and quickly and there's never a traffic jam.

But when we're stressed, it's as if the traffic on this bridge slows down or gets stuck. There are traffic jams, stalls, backups, and sometimes gridlock.

The result? We have trouble with our memory, concentration - even our motor and communication skills can suffer. We feel exhausted, overwhelmed, and out of sync. We can't seem to remember the simplest things, or we stumble over our words. All-in-all, a lack of synchronous neuro-electrical activity can really impair our ability to function and make for a frustrating life.

Certain forms of neuro-audio technologies like Holosync have been known to improve these problems, helping you clear away brain fog and regain your mental clarity and sharpness while also boosting your mood.

And now, Centerpointe audio engineers have invented a new way to improve upon these benefits and supercharge the hemispheric connectivity with our proprietary **Lateral Carrier Boost Technology**.

**Lateral Carrier Boost** increases synchronous neuroelectrical activity between the two cerebral hemispheres by periodically increasing the amplitude of the carrier waves in each audio channel in a specific alternating sequence. This causes each hemisphere to be stimulated independently of the other, synchronizing the brain, improving brain efficiency, and reducing that cognitive load.

**Lateral Sync Booster** is just 20 minutes in duration and uses **Lateral Carrier Boost** technology to blow away brain fog and get your brain firing on all cylinders. Just sit back with headphones or earbuds, close your eyes, and relax. **Lateral Sync Booster** will bring you brainwaves down to a 3 Hz delta target state before slowly bringing your brain back to a more wakeful but relaxed and clear state of mind.

After your listening session, you'll feel uplifted, energized, and in-sync with life!

*Note: this soundtrack is very potent and is capable of producing cathartic responses in some listeners. Catharsis is the therapeutic process of releasing stored up negative energy and emotions to provide relief from trauma and other heavy emotional material. While this is a liberating experience, it can sometimes involve the recollection of difficult memories or sensations as these elements are being released.*

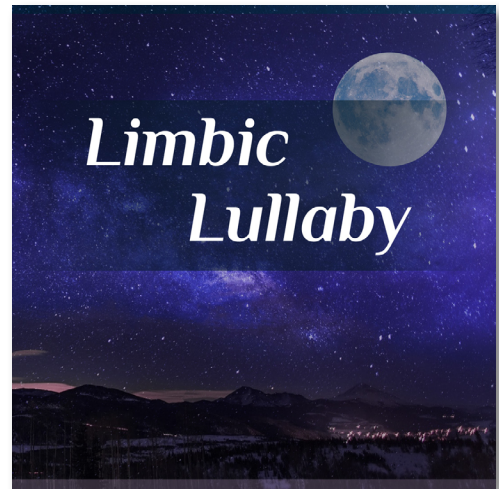
### **Soundtrack Breakdown:**

- 20 minutes
- Strong neural driving effect
- Listen anytime, reclining or lying down, eyes closed
- Use headphones or earbuds
- Includes Holosync targeting delta (3 Hz) with up-ramp to alpha (9 Hz) at end
- Includes Lateral Carrier Boost
- Available in a soothing musical version or a natureescape with rain and gentle thunder

## 6) Limbic Lullaby

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**Calming the limbic system and inducing a healthy and deep sleep cycle for a good night's rest.**



Of all the negative effects trauma can have in our lives, few are more debilitating than the effect it can have on our sleep. **There is simply no better medicine in life than a good night's sleep.**

Poor sleep is not merely an inconvenient consequence of trauma. It actually inhibits our ability to heal it.

Research has proven time and again: When our sleep suffers, we suffer.

Bad sleep makes it harder for the brain to process memories and emotions, regulate hormones, cope with stress, and rejuvenate our mental and physical energy.

Poor sleep also:

- Increases the risk of chronic health problems like diabetes, obesity, and heart disease.
- Weakens our immune systems, making us more susceptible to illness and infections
- Keeps us in a state of mental foginess, forgetfulness, and poor concentration
- Makes it hard for our brain to properly regulate our mood and emotions
- Saps our energy and leaves us feeling fatigued and exhausted
- Damages our relationships, self-esteem, and ability to enjoy life

**And it's a common problem for up to 90% of trauma sufferers.**

(In fact, in the case of PTSD, sleep disruptions are not merely a side-effect of the condition, but are actually included in the very definition of the condition.)

But did you know that chronic insomnia is often a sign of an overactive limbic system?

In the wake of traumatic events, the brain's limbic system stays on high alert, resisting sleep, watching out for any further threats or dangers. Even when sleepless to the

point of exhaustion, our brains never slow down and they keep the body in a state of hyper-vigilance.

For many people, the only solution boils down to prescription medication or over-the-counter options that don't always work as desired and can sometimes make things even worse. Of course some people find momentary relief in alcohol or other substances that come with their own side-effects and habit-forming problems.

**What many people don't know is that there's actually an effective and drug-free way to soothe an overactive limbic system, recondition your brain to get into a healthy sleep cycle, and enjoy a good night's sleep.**

**That's right, Holosync.**

**Limbic Lullaby** is your drug-free solution to sleeping problems. It's designed to induce a healthy sleep cycle, gently drawing brainwaves down from a state of anxiety, worry, and wakefulness into states of deep and relaxing slumber.

Just climb into bed, pop in some earbuds, turn on **Limbic Lullaby**, and in a few moments you'll be drifting off into the best sleep of your life.

*Note: While most listeners will fall asleep within one or two listening sessions, some may find several listening sessions over several nights necessary to fully condition the brain to respond to the audio stimulus. Listening consistently will yield the best results.*

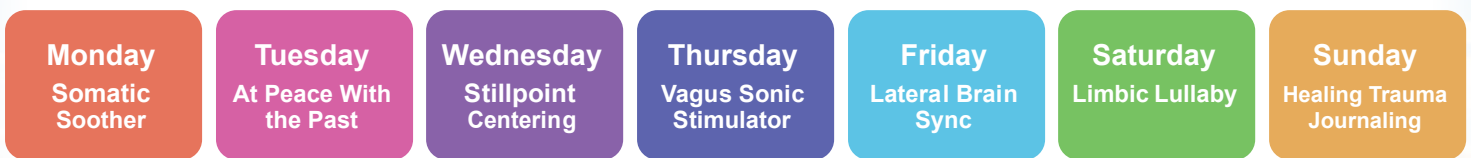
### **Soundtrack Breakdown:**

- 60 minutes
- Light neural driving effect
- Listen at the beginning of sleep or to induce sleep
- Use headphones or earbuds (or SleepPhones)
- Includes Holosync to replicate an early-to-mid stage sleep cycle
- Can be played on repeat
- No affirmations or other verbiage
- Available in a soothing musical version or a natureescape with gentle ocean surf

## The Six Day Listening Schedule

You can listen to any of the soundtracks from **Centerflow Healing Trauma Solution** according to your needs and schedule. Or you can opt to follow the simple **Six Day Listening Schedule** which includes one listening session per day, each week, followed by a day off for journaling with your **Centerflow Healing Trauma Journal**.

You can begin your listening session on any day of the week, but here is an example of the **Six Day Listening Schedule**:



You may find that you prefer to work with certain soundtracks more often than others. Feel free to use more than one soundtrack per day if you wish.

## Weekly Healing Trauma Journal

Journaling can be a very effective tool in your healing journey. Taking the time to get your thoughts and reflections down on paper is a way to bring mindfulness and insight into your experiences as you continue to grow and heal.

Your **Centerflow Healing Trauma Solution** includes a **Healing Journal** you can print out and complete each week. (You can find it on your **Centerflow Healing Trauma Solution** download page).

Simply print out a few copies and once a week take some time to reflect and answer the questions and prompts provided in the journal. Even if you've never journaled before, give it a try!

If you're working with an **Accelerated Results Coach**, keep your completed journal entries on hand as they can provide excellent feedback and insights to improve your coaching sessions.

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## Accelerated Results Coaching & Support

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Trauma isn't always easy to face. But you don't need to "go it alone!" Holosync is a remarkably powerful healing tool, but with the **Centerflow Healing Trauma Solution** you also get exclusive access to our team of supportive and knowledgeable **Accelerated Results Coaches**.

We've found that those who reach out for coaching and support significantly speed up and improve their benefits!

Personalized, one-on-one coaching has been at the core of Centerpointe's passion for personal development for over 30 years. We know from extensive experience that coaching is a real game-changer for anyone looking to make improvements in their lives, including healing trauma.

Our experienced and caring coaches are available to help you get the most out of your **Centerflow Healing Trauma Solution** soundtracks, provide perspective on any experiences you may have, provide tips and techniques for managing trauma, and support and encourage you along the way.

**We recommend that you contact them once a week while working with your Centerflow Healing Trauma soundtracks, but you can call or email anytime you have questions.**

**Our Accelerated Results Coaching Team is available Monday through Friday from 9am to 4:30pm Pacific by calling 503-672-7117 or email us at [coaching@centerpointe.com](mailto:coaching@centerpointe.com).**

(Note, coaching services are not intended as a substitute for professional mental health services or crisis support. Be sure to rely on your doctor or mental health professional if you need professional mental health assistance. If you're experiencing a medical or mental health crisis please call 911, 988 or your local mental health provider immediately).

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## Monthly Safe-Connection Group Coaching

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You are not alone. There are so many folks who are going through trauma too.

**Some might have stories and experiences very similar to your own.**

We've seen the power that group coaching has in bringing folks together to feel a sense of community. And for those who've experienced trauma, this kind of support can make a huge difference.

That's why we've included monthly **Monthly Safe-Connection Group Coaching** (through Zoom) as a special bonus with your **Centerflow Healing Trauma Solution**.

During these calls, you can join with other **Centerflow Healing Trauma** users to get your questions answered by our **Accelerated Results Coaching Team** about your work with trauma and your experiences using any of the Holosync soundtracks included with the **Centerflow Healing Trauma Solution** collection.

We'll reach out via email letting you know when the next group coaching session is and asking for questions ahead of time to make sure that we create a safe and friendly environment. But if we have time, we may also open the floor at the end of the call for those who want to share their experiences or ask additional questions.

Participation is completely voluntary, and if you can't make one of the live calls don't worry - you'll always have access to the replays!

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## What is “Neural Driving?”

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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.*

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## How Does Holosync Help With Trauma?

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Holosync is an exceptionally effective tool for helping to heal trauma and any kind of emotional wounding because it does three crucial things:

### **1) Holosync Uproots & Flushes-Away Deeply-Stored Trauma**

Trauma sufferers often repress the dark and heavy thoughts and sensations associated with their trauma because they simply don't know how to cope with their intensity. Repressed and unresolved mental and emotional material not only keeps us anchored to our past trauma, it can also create cycles of dysfunctional and unhealthy thoughts and actions. So it's imperative that any form of trauma healing includes the uprooting of that deeply-stored material

Holosync can help access and release even the deepest unconscious memories and feelings. Holosync uses a proprietary audio technology that allows us to access very low states of consciousness and help uproot and flush-out old, unresolved mental and emotional material

Because it alters brainwave activity quickly and effectively, Holosync can target extremely deep states of consciousness, sometimes referred to as "epsilon waves," where some researchers believe we keep the darkest and heaviest of our repressed memories, fears, and feelings.

With Holosync, it's possible to not only access this old unresolved material, but to heal and release it once and for all.

### **2) Holosync Soothes the Limbic System**

Trauma sufferers often endure a terrible by-product of their negative

experiences: They can't relax. Their brain is stuck in a near constant state of "red alert," hypervigilant, always scanning the environment for threats and dangers.

This is called hyperarousal, it is the primary defining symptom of trauma and PTSD, and it's a devastating way to live.

Hyperarousal is marked by an overactive limbic system - a part of the brain that handles our fight or flight response and helps us regulate our emotions. An overactive limbic system causes us to feel reactive, tense, jumpy, and constantly nervous and anxious.

Holosync helps soothe the limbic system, reducing limbic activity, and shifting activity to the prefrontal cortex - a part of the brain that helps us make calm, careful decisions and healthier choices.

A relaxed limbic system means a relaxed state of mind, less reactivity, more peace, and better mental and emotional health.

### **3) Holosync Raises the Stress Threshold**

Everyone has a threshold for how much stress they can handle. When stress exceeds that threshold, we feel overwhelmed. And as you may have already guessed, it causes the limbic system to go into overdrive. When we're over our threshold, we can feel upset, tense, angry, fearful, and reactive.

We all feel overwhelmed from time to time. But when we've suffered trauma our threshold becomes thin, weakened.

When your threshold is weak it doesn't take much stress to cause you to feel overwhelmed. Like a pressure cooker, as the stress inside us begins to

build, we can quickly find ourselves struggling to cope.

Most therapeutic approaches to this problem focus on ways of reducing the stimulus that's pushing us over our threshold. Being able to relax and calm down is an important skill, but unless and until the real problem is addressed - a low, weakened threshold - we can still find ourselves frequently overwhelmed and exhausted.

Some forms of neuroaudio technology merely alter brainwaves. Holosync does more. It is a "neural driver." That means it can gently push and condition your brain with enough stimulus to prompt the brain to adapt and grow.

This is similar to how your physical body - even a body that's been weakened by injury or illness - can be strengthened through physical therapy, weight training, or other forms of exercise.

Using Holosync allows you to get the same kinds of results, but on a mental and emotional level. Just as someone who exercises regularly sees their endurance and stamina increase, so too do Holosync listeners find their own mental and emotional resilience improve as their threshold for handling stress goes up.

This is invaluable to someone who has suffered with any kind of trauma. Healing and releasing the old unresolved mental and emotional toxins from the past is important. But when you can *also simultaneously strengthen the stress threshold*, your mental and emotional health improves in truly remarkable ways.

As you can see, Holosync is arguably one of the most effective tools for healing trauma.

## What is Lateral Carrier Boost?™

First introduced by Centerpointe in 2021, **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.

## What is Autofonix?™

Autofonix is Centerpointe’s proprietary audio encoding method that modulates the sound 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.

As always, a full script of all Autofonix affirmations are included with any soundtrack that includes them.

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## Some Things to Remember About Holosync Listening Sessions:

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- **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.
- All tracks 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!

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## Frequently Asked Questions:

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### Q) “I hear a faint low 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) “Are my headphones or earbuds good enough?”

A) While some Holosync soundtracks use carrier frequencies low enough to necessitate headphones with a wide frequency response range, this is not an issue with your *Centerflow Healing Trauma Solution & Flow State Performance* soundtracks. Any normal stereo headphones or earbuds will work. (Note that better quality headphones and earbuds will make your listening experience more enjoyable.) Centerpointe offers an excellent pair of over-the-ear headphones as well as in-ear earbuds. Visit [www.centerpointe.com](http://www.centerpointe.com) for details.

### 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 Trauma Solution* 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 Trauma Solution* soundtracks.

**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 Centerflow Trauma Healing Solution 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!

**If you have any 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, 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 Centerflow Healing Trauma Solution 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.

This product is not offered as a substitute for professional medical or mental health care. The content and information provided with this program is not intended to diagnose, treat, or cure any physical or mental condition or illness. Centerpointe makes no guarantee regarding any specific experience of the user.

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 dealing with a serious emotional or mental health condition.

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## AFFIRMATIONS

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### AT PEACE WITH THE PAST

Right now I am fully in the moment

I am immersed in peace, safety, and comfort

My mind, body, and spirit are free of the past

I rise above my past

I am more than my past

I am defined according to who and what I want to be

I am compassionate with myself

I am patient with myself

I am honest with myself

I forgive myself

My life is much bigger than any past experience

I am fully in the moment at all times

I am free of any old worries or baggage

I am free of any old experiences that do not serve me

I no longer listen to inner voices of fear or worry

I only listen to voices of hope and love

I am bigger, greater, and stronger than my past

I decide what thoughts and feelings I experience

I am in complete control of what I think and feel

I am at peace with my past

I need not try to fix my past

I need not be held back by my past  
I feel light, calm, and happy  
I can enter a state of peace and safety any time  
I feel a sense of harmony and comfort surrounding me  
I can handle any challenges  
I take full responsibility for my thoughts, feelings, and actions  
I can fully let go of the past  
I welcome experiences that help me grow and heal  
I am open to new things that make me happier and healthier  
I am comfortable meeting new people and experiencing new things  
I know I am safe enough  
I know I am strong enough  
I know I am capable of great things  
I deserve a life of happiness and success  
I love myself and always act in my highest interests  
I attract only people and opportunities that support me  
I am moving forward  
I know that the peace I seek comes from within  
I take good care of myself  
I get plenty of sleep  
I eat right and drink plenty of water  
I am worthy of the best life has to offer  
I am in total control of my life

[Click here to return to At Peace With the Past Instructions.](#)

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# AFFIRMATIONS

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## STILLPOINT CENTERING

I am calm in this moment  
I am at peace in this moment  
I am centered in this moment  
I am still in this moment  
My body is completely relaxed in this moment  
My mind is tranquil in this moment  
I feel free and am safe in this moment  
All is well with me in this moment  
It's safe to fully relax in this moment  
I'm comfortable in this moment  
I am breathing calmly in this moment  
Everything is okay in this moment  
Everything is alright in this moment  
Life is simple and good in this moment  
I feel a deep sense of peace in this moment  
I know I am completely safe in this moment  
I am connected to peace in this moment  
I am grateful in this moment  
I am happy in this moment  
I am emotionally balanced in this moment  
I am in control of my feelings in this moment  
I feel blessed in this moment  
I feel a sense of joy in this moment  
I am at ease and happy in this moment  
I am still and centered in this moment

[Click here to return to Stillpoint Centering Instructions.](#)