

# Centerflow Manifestation Mindset Info & Instructions

*(To make sure you get the best results, please read all the information and instructions carefully before beginning your Centerflow Manifestation Mindset course.)*

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## **Welcome to Centerflow Manifestation Mindset...**

...a six-part audio meditation program designed to help you transform your visions and desires into reality. It takes more than a positive attitude and a lot of work. It takes a mindset of manifestation. This audio course will help you learn and create the manifestation mindset so you can begin making real, tangible changes in your life!

## **What is the Manifestation Mindset (Really)?**

Manifestation is not some mysterious or arcane secret that only a handful of wise sages or billionaires can do. Although few of us were ever taught how to do it, manifestation is a life skill - perhaps the most important life skill - and one we can learn.

Anything we desire in life, whether more money, a healthier body, a fulfilling career, or a special relationship, all begins the same way: with an idea or vision of something better, new, or different. Those ideas and visions produce feelings of hope and desire. And those feelings are the sparks that cause the mind to begin looking for ways to make those visions come true. By fine-tuning these thoughts and feelings we can enter into a space where possibilities abound.



It's what we call the “Manifestation Mindset;” a way of thinking that uses the power of limitless thinking, value-driven motivation, and the courage to take action.

Think of your mind as a radio. It can tune into a wide range of stations that play all kinds of music, news, and more. But in between those stations is nothing but static, noise, stuff you don't want to listen to.

Sadly, most people's radios are always out of tune, feeding them constant static or toxic content that only leads to more despair, cynicism, and disappointment. Most of us were raised to ignore that noise because, well, “that's just life.” Some of us were even told that our dreams are not all that important, or that they are a waste of time, or that they are beyond our reach.

Sadder still, many people live their entire lives under the shadow of this limited and pessimistic mindset. So few people ever stop and pay attention to that spark of hope and optimism. Instead, they stay bound to old ways of thinking and acting that aren't serving them, and certainly not getting them any closer to their desires.

Their internal radio station is playing a steady stream of limited and pessimistic sounds, and by the time they are adults, they've forgotten that they can, if they choose, tune their radios to something clear, hopeful, and a lot more powerful.

Take a quick look at the difference between the radios that play limited and pessimistic thoughts on “heavy rotation” and one that plays limitless and hopeful thoughts.

## Limited Mindset

"I always fail; there's no point in trying."

"Nothing ever goes right for me."

"I'm not good enough, so why bother?"

"There's no way I can change my situation."

"I'll never have what I want."

"Life is just too hard."

"Good things happen to others, not me."

"I'm afraid of failing, so I won't try."

"I'll only be happy when things change."

"I don't deserve success or happiness."

## Limitless Manifestation Mindset

"Every attempt brings me closer to success."

"Opportunities are always finding their way to me."

"I'm worthy, and I believe in my potential."

"I have the power to create positive change."

"I attract what I desire through my actions and beliefs."

"I'm growing stronger with every challenge."

"I'm deserving, and my time is coming."

"I embrace the unknown because it leads to growth."

"I find joy in the journey and trust the process."

"I am worthy of success and open to receiving it."

Fortunately, there is a solution to this problem - a way to tune the radio of your mind so

you can stop listening to all the noise and start hearing the beautiful and uplifting “music” of the manifestation mindset!

And it all comes down to teaching the mind to operate differently.

There are a series of steps or phases that are time-tested and proven to help you shift out of the mindset of pessimism and apathy, and into one where you discover the incredible manifesting power you possess.



Even better, this limitless manifestation mindset can be learned quickly and easily thanks to sophisticated neuro-audio technologies to help you clarify your vision, create new, limitless beliefs, and take inspired, intentional action (and more!)

This six-phase, powerful audio listening program has no lectures or homework or complicated books to read. To train your mind to embrace the manifestation mindset, all you need to do is sit back, and listen. That’s it!

## **How Does it Work?**

For millennia, the sounds of drumming, chanting, and other powerful vibrations have been used to alter states of consciousness, induce deep and profound experiences, and create a mindspace where healing, insight, and spiritual connection can flourish.

Ancient healing traditions have often compared the mind and body to an instrument that, when in tune, plays beautiful music, but when over-stressed, produces dissonance and noise. Sometimes even illness.



To restore health and vitality to our mind and body, we can use certain forms of therapeutic sounds, much like a tuning fork can be used to tune a piano or other instrument.

Psycho-acoustic engineers and neuroscientists have proven that there is a specific audio technique that can change brain wave activity to match activity associated with thoughts of empowerment, focus, and healthy choices! This audio technology can create lasting improvements in our mental, emotional, and even physical health. It can even improve brain plasticity and help protect it from the effects of aging.

Centerpointe's version - Holosync - is the most widely used and powerful form of this audio technology available today. Holosync not only precisely tunes brain wave activity to achieve a broad range of effects and benefits, but its unique neural driving properties also produce a potent stimulus that causes the brain to increase synchronous neuro-electrical activity between the two sides of the brain, and stimulate more neuronal connectivity, even helping to produce new neural pathways.

In simpler terms: **Holosync's good for your brain!**

Plus, our proprietary affirmation encoding method - Autofonix - is renowned for improving the effectiveness of affirmations, helping them anchor in the unconscious mind and manifesting as thoughts or actions on a conscious level. You won't find a better way to supercharge your affirmations than Autofonix.

Centerpointe also uses a cutting-edge proprietary technique called Lateral Carrier Boost (featured on select soundtracks) to provide even more bilateral neuroelectrical connectivity between the two brain hemispheres to

optimize focus, memory, and concentration. You'll find nothing like it anywhere else!

Centerflow Manifestation Mindset comes with two versions of six beautiful meditation soundtracks. One version features soothing music, unique to each soundtrack. The second version is a music-free natureescape rendition. When working with a Manifestation Mindset soundtrack, you can pick either the music or natureescape versions according to your preferences. Each of the six soundtracks serves as a phase or step along the pathway to creating the manifestation mindset.

These steps are simple but crucial when it comes to training our minds to get out of the limiting and defeatist mindset, and embrace the limitless and hopeful mindset we need to heal, grow, and thrive.

You can choose to focus on any combination of soundtracks from this program you wish. However, we recommend using each soundtrack in sequence (1 through 6), for two weeks (each), for a total of 12 weeks. (See below for more on the 12 week schedule).

So, are you ready to experience the power of the manifestation mindset? Let's get started by looking at each of the soundtracks included in this powerful manifestation program to see how it all works!

## **Centerflow Manifestation Mindset Soundtrack Info**

### **Phase 1: Pure Intent - Clarifying Your Desire**

Before you do anything when it comes to manifestation, there's one thing that is absolutely crucial: Getting clear about your desires.

While we think we know what we want out of life, the truth is that we aren't always clear about how we identify those desires. What's in our "heart of hearts?" What do we desire on our deepest and most authentic levels? In short, what do we REALLY want?

Sometimes our radio-brain is not quite tuned into the station properly. So we hear static and fuzzy versions of our goals and desires. The signal is weak and faint. The music is clouded, hazy, noisy.

Getting clear about your desires means really listening to that inner voice. It means taking time to make sure what you think you want in life is really what you want and not just the result of something you think *you're supposed to want*.

It means making sure your goals are about moving forward and moving towards something you value rather than moving away from something that you're trying to avoid.

Sometimes our fears can masquerade as our goals. Many people strive for more money, more wealth, financial security and success. But they're not really moving toward that. Because what's driving this goal is a fear of not having enough money, of being poor, broke, impoverished. So they're not moving toward prosperity, we're moving away from a sense of lack.

And when our goals are fear-driven or "avoidant-based," we've stumbled right out of the gate. We can't understand why we never seem to get what we want and instead keep getting more of what we don't want!

The mind works like a bloodhound. You point it in a direction and off it goes. So if our focus is fear based, worried about lack, stressed about money (or anything else), what do you think that bloodhound will bring back? That's right, a lot of worry and stress!

Fortunately, you can train that bloodhound in your brain to bring back more of what you want and less of what you don't!

Clarifying your desire is the first phase of the Centerflow Manifestation Mindset program.

With the **Pure Intent** soundtrack, you have an exceptionally powerful brainwave training audio session, using Centerpointe's unique neural driving effect to saturate and condition the brain to eliminate internal confusion, prune away uncertainty and get clear about your true desires and objectives.

Think of **Pure Intent** as a tool to filter out the excess stresses, worries, and toxic thoughts that so often cloud our ability to see ahead in life clearly. It's a way to recalibrate your internal compass, and get that bloodhound in your brain focused on what really matters!

Listening daily for two weeks will allow you to focus and zero-in on what you truly want for yourself. It's a simple way to set the foundation for the manifestation mindset.

### **Listening Guidelines:**

- Listen once per day for the first two weeks (days 1 - 14)
- Listen anytime (morning is recommended)
- Listen with stereo headphones or earbuds
- Listen with eyes closed in distraction-free environment
- Listen while sitting or reclining
- Listen at a comfortably low volume

## Soundtrack Details:

- 22 Minutes
  - Low alpha target (7.7 Hz)
  - Very strong neural driving effect
  - Upramp to 10 Hz at end
  - Includes Autofonix affirmation script
  - Includes “Pacific Sea” music-free naturescape version
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## Phase 2: Inner Reframe - Solving Your Self-Talk

The second phase of **Centerflow Manifestation Mindset** focuses on a crucial aspect of not only manifestation but on any aspect of change and healing you’re aiming for in life.

There is simply no getting around one absolute fact. It’s a law of manifestation you cannot break without serious consequences.

Effective manifestation is impossible unless and until you clean up your self-talk.

Self-talk is that inner dialogue - the little narrator in your head that chimes in every few seconds with a quip, a criticism, a judgment, or the occasional inappropriate comment about a coworker. That inner narrator does a lot more talking in your head than you do externally. In fact, it’s at it all day long.

The famous Roman Emperor and Stoic, Marcus Aurelius, said, “The soul is dyed by the color of its thoughts.” These thoughts take the form of self-talk, and if Aurelius is right, most of us have some rather drab-colored souls.

According to the National Science Foundation, 80% of our inner dialogue is negative. But other recent research asserts that using positive affirmations is a simple and easy way to reduce that negative self-talk and replace it with something that has a real impact on our success and well-being.

According to Old Dominion University, using positive affirmations can trigger our brain’s plasticity to rewire itself. They say that positive affirmations can lower stress levels, decrease worry, fear and anxiety, all while delivering feelings of optimism, happiness, and peace of mind.

The thing is, reciting your affirmations requires daily and diligent practice, and sometimes it can feel a little awkward to be standing in front of a mirror reciting positive things to yourself. Plus, it takes time. Sometimes a lot of time. And how do we really know if those affirmations are working?

With the Inner Reframe soundtrack, you have a simple and quick way to solve your self-talk - no need to stand for hours in front of the mirror! Inner Reframe uses Holosync to put your brainwaves in the ideal state to release attachments to old, toxic self-talk. Then, our Autofonix silent affirmation technology will start to shift your self-talk using a carefully curated set of affirmations all about self-worth, limitless thinking and optimism. You’ll start noticing changes in just a few short days of consistent listening.

This is THE simplest and most effective way to solve that self-talk and move you forward on the path to the manifestation mindset!

## Listening Guidelines:

- Listen once per day for the second two weeks (days 15 - 28)
- Listen anytime (afternoon or evening is recommended)
- Listen with stereo headphones or earbuds
- Listen with eyes closed in distraction-free environment
- Listen while sitting or reclining
- Listen at a comfortably low volume

## Soundtrack Details:



- 22 Minutes
- Dual target (10 Hz / 5 Hz)
- Strong neural driving effect
- No up-ramp
- Includes Autofonix affirmation script
- Includes “Zen Fountain” music-free naturescape version

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## Phase 3: Emotional Alignment - Visualizing the Feeling

The power of manifestation is directly related to the power of our visualization. But many of us struggle with this. What does “visualization” really mean? Are we supposed to get vivid technicolor pictures of piles of cash, a big mansion, or of ourselves as perfectly fit and attractive?

Some people, especially artistic types, have no trouble visualizing beautiful images of things they desire. But what about those who can’t visualize so clearly? The truth is that 90% of people aren’t really all that good at clear visualization.



Well what if I told you that making technicolor, hi-res images in your head isn't really necessary to manifest? That's because effective visualization is really more about a *feeling* than a picture.

You see, when someone visualizes, it's not just the image in the mind that is inspiring the brain to begin working toward that vision. It's the *feeling* that does it. It's called Emotive Visualization and it's an incredibly powerful manifesting tool.

Once the brain taps into a feeling that it likes, it creates an association between the thing it's thinking about and that feeling. In fact, the brain literally reorganizes itself, from its neurochemistry to its bioelectrical activity, around these positive feelings. Feed your brain a feeling and the brain will work like a heat-seeking missile to seek out more of that feeling.

If we can connect to the *feeling* of being behind the wheel of the Ferrari, the *feeling* of wealth and having enough money to do what we long to do...that's what we're after.

Feelings are the heart's vision board. They are direct pathways to the unconscious, which is the furnace where our true goals and desires are forged. They say a picture is worth a thousand words, but a feeling is worth as much or more when it comes to the way the brain manifests.

Manifesting anything means first manifesting the feeling of having that thing or experience.

Maybe you struggle to imagine a vivid image of wealth, health, or success. But can you imagine what it would feel like to have or experience those things?

We've included a powerful soundtrack with **Centerflow Manifestation Mindset** to help you do just that. It's called **Emotional Alignment** and it's designed to help you develop the power of Emotive Visualization - aligning your feelings with your dreams.

Not only does it tap into theta, the brain's powerhouse of feeling and imagery, **Emotional Alignment** also includes affirmations recorded in our proprietary Autofonix encoding method, designed to inspire both visual and emotional activity and help you become a pro at Emotive Visualization!

### **Listening Guidelines:**

- Listen once per day for the third two weeks (days 39 - 42)
- Listen anytime of day or night
- Listen with stereo headphones or earbuds
- Listen with eyes closed in distraction-free environment
- Listen while sitting or reclining
- Listen at a comfortably low volume

### **Soundtrack Details:**

- 22 Minutes
- Target: 6.5 Hz
- Light neural driving effect
- No up-ramp
- Includes Autofonix affirmation script
- Includes Lateral Carrier Boost
- Includes "Atlantic Shoreline" music-free natureescape version

## Phase 4: Infinite Horizons - Building Limitless Beliefs

Even if you are clear about your desires, have positive self-talk, and can visualize what you want and emotionally connect to it, the one thing that can really hold you back when it comes to manifesting is a set of limiting beliefs. A limiting belief is like that one rotten apple, capable of spoiling the whole barrel.

This is one of the biggest obstacles to effective manifestation. And too often, we try to cover up those limited beliefs with happy, positive thoughts and platitudes. Positive thinking is not enough. In fact, here's something not many people know: positive thinking can actually hold you back from manifesting what you want. Why? Because positive thinking can only handle positive experiences. And that's simply not how life works, is it?

What most manifestation experts fail to tell you is that positive thinking is nowhere near as powerful as *limitless thinking*.

When we employ limitless thinking, our minds are able to see opportunities we'd otherwise miss, we expand the scope of our visions and goals, and - most importantly - we're much more resilient in the face of obstacles or setbacks.

Limitless thinking is the secret key to the manifestation mindset. We can use limitless thinking once we build some limitless beliefs. A limitless belief is a deeply held conviction that we are capable of doing remarkable things to improve our lives and the lives of others. It's a mindset rooted in openness, confidence, and trust in your own potential. Limitless beliefs are really the infrastructure of manifestation. They are the framework within which we create what we desire.

With **Infinite Horizons**, you have a powerful audio meditation tool to help you embrace limitless thinking. **Infinite Horizons** draws your brainwaves all the way down to 0.5 Hz, the epsilon state - one of the deepest of all brainwave patterns. This allows you access to the deepest parts of your unconscious mind, helping to flush-out old, limited beliefs and replacing them with a new limitless mindset, thanks to the carefully crafted Autofonix affirmation script.

### **Listening Guidelines:**

- Listen once per day for the fourth two weeks (days 43 - 56)
- Listen anytime (evening or nighttime is recommended)
- Listen with stereo headphones or earbuds
- Listen with eyes closed in distraction-free environment
- Listen while sitting or reclining
- Listen at a comfortably low volume

### **Soundtrack Details:**

- 22 Minutes
- Target: 0.5 Hz (epsilon)
- Medium neural driving effect
- No up-ramp
- Includes Autofonix affirmation script
- Includes “Gentle Rainshower Meadow” music-free naturescape version

## Phase 5: Inspired Momentum - Taking Action

Leadership expert John C. Maxwell said, *“Dreams don’t work...unless you do.”*

It’s easy to conjure up images of immense wealth, health, success, and happiness. The hard part is taking the steps needed to make such images reality. Dreams without action are like recipes without the cooking. You’ll never savor a dish by reading the recipes. You have to put on your apron, get your pans out, chop up those veggies, mix those spices, and start cooking!

Let’s face it: Taking action is often the hardest part of manifestation. It’s easy to sit around dreaming about our goals and desires. We can get stuck in the planning stages of our manifesting and never move forward. Action without a plan is wasted energy, but a plan without action is merely a dream.

Taking action requires courage, and of course, a little elbow grease! The manifestation mindset means not only taking action, but building inspired momentum and making intentional choices that move us forward.

But how do we find the motivation to act? How do we conjure the energy and courage it takes to finally bring our ideas and dreams into concrete reality?

With **Inspired Momentum**, you have the perfect tool to supercharge your motivation and inspiration. This high-energy soundtrack causes your brain to produce high-frequency gamma waves. Gamma is a state of consciousness associated with feelings of optimism, compassion, and

enthusiasm. It's the ideal state to power-up your passion and help you take the action needed to manifest your hopes and dreams.

Plus, **Inspired Momentum** includes an affirmation script that will help you tap into that inner wellspring of courage and strength to help you overcome any unconscious barriers to your success!

We suggest listening to this one in the morning or early in the day for an added boost of energy that helps you take action and get things done!

### **Listening Guidelines:**

- Listen once per day for the fifth two weeks (days 57 - 70)
- Listen anytime (morning is recommended)
- Listen with stereo headphones or earbuds
- Listen with eyes closed in distraction-free environment
- Listen while sitting or reclining
- Listen at a comfortably low volume

### **Soundtrack Details:**

- 22 Minutes
- Target: 40 Hz (Gamma)
- Medium neural driving effect
- Down-ramp from 40 Hz to 10 Hz
- Includes Autofonix affirmation script
- Includes Lateral Carrier Boost
- Includes "Distant Thunderstorm" music-free natureescape version

## Phase 6: Patience & Flow - Trusting the Journey

The most overlooked step when it comes to mastering manifestation is this: getting out of the way. Letting go, detaching your expectations from the outcomes. Being patient and trusting the process!

One of the most common obstacles to effective manifestation is to see it as a process of imposing our will upon the universe or on external factors. We think we must control everything if things are to go our way.

It's easy to get so caught up in our constant efforts to change, heal, succeed, and grow, that we fail to appreciate the value of stillness and patience. Sometimes we assume the secret to success is work, work, work.

We rush, we push, we force, and in the end we have little to show for it. This is what some call “desperation energy” and it leaves us exhausted, burned-out, and frustrated.

We all know that it's better to “work smarter, not harder,” and to do that we must align our efforts with the timing and flow of the universe.

We all know that “life is a journey” and that includes our manifestation. And like any journey, there is a flow - sometimes fast, sometimes slow. When we expand our awareness to tap into this natural flow of the energies around us, we find an array of opportunities and possibilities to help us grow, succeed, and thrive!

Effective manifestation isn't just about doing. It's also about *being*. Simply allowing ourselves time to tap into the flow of the energies around us, and trusting that things are unfolding just as they should. Part of manifesting is

knowing when to slow down, be still and silent, and pay attention to what's happening around us. This is otherwise known as (you guessed it) mindfulness!

With **Patience & Flow**, you have an incredibly effective way to attain inner balance and harmony in your life. It's your mindfulness training tool. This beautiful soundtrack produces a profoundly centered and calm state of mind, targeting a 4 Hz brainwave frequency, with a gradual "upramp" at the end, leaving you feeling calm, refreshed, and at ease.

Plus, we've included an affirmation script to help you cultivate a mindset of patience, balance, and joy!

### **Listening Guidelines:**

- Listen once per day for the sixth two weeks (days 71 - 84)
- Listen anytime of day or night
- Listen with stereo headphones or earbuds
- Listen with eyes closed in distraction-free environment
- Listen while sitting or reclining
- Listen at a comfortably low volume

### **Soundtrack Details:**

- 22 Minutes
- Target: 4 Hz (high delta)
- Light neural driving effect
- Upramp to 12 Hz
- Includes Autofonix affirmation script
- Includes "Seaside Afternoon" music-free naturescape version

# 12-Week Manifestation Mindset Schedule

	SUN	MON	TUE	WED	THU	FRI	SAT	
01		<b>Pure Intent</b>						Phase <b>#1</b>
02		<i>Clarifying Your Desire</i>						
03		<b>Inner Reframe</b>						Phase <b>#2</b>
04		<i>Solving Your Self-Talk</i>						
05	<b>Emotional Alignment</b>							Phase <b>#3</b>
06	<i>Visualizing the Feeling</i>							
07		<b>Infinite Horizons</b>						Phase <b>#4</b>
08		<i>Building Limitless Beliefs</i>						
09	<b>Inspired Momentum</b>							Phase <b>#5</b>
10	<i>Taking Action</i>							
11		<b>Patience &amp; Flow</b>						Phase <b>#6</b>
12		<i>Trusting the Journey</i>						

We suggest listening to each soundtrack in sequence for two weeks, using this handy chart to keep track of your progress. When you've completed the full 12-week sequence, **start again with Phase 1** and complete another 12 weeks to **supercharge your results!**

## SomeThings 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 neuroaudio 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](http://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!
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## 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 Autofonix?™”**

- Autofonix is Centerpointe's proprietary audio encoding method that modulates the frequencies of the human voice to be - unlike conventional subliminal methods - virtually undetectable by the conscious mind but perceptible to the unconscious mind.
- With Autofonix we can supply the brain with positive self-talk and inspiring affirmations that by-pass our conscious filters, anchor in the unconscious, and manifest in conscious thoughts and actions over time.
- When paired with Holosync, Autofonix affirmations are significantly more effective over time than old-fashioned subliminal or audible affirmations.
- As always, a full script of all Autofonix affirmations are included with any soundtrack that includes them.

### **“What is Lateral Carrier Boost?™”**

- Lateral Carrier Boost was developed by the Centerpointe Audio Design Team to enhance the effectiveness of brain wave entrainment by subtly boosting the amplitude of the Holosync carrier frequencies

in each channel independently and sequentially several times over the course of the listening session.

- Lateral Carrier Boost is designed to increase the synchronous neuro-electrical activity between your two cerebral hemispheres, causing more connectivity 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.

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

- Each soundtrack is 22 minutes long and includes a carefully curated set of affirmations specifically designed to address each of the respective phases of the Centerflow Manifestation Mindset course. The affirmations are recorded using Centerpointe’s proprietary Autofonix encoding technology, making them silent to your conscious mind but are absorbed unconsciously. A complete list of affirmations used on each soundtrack is included.

### **“How should I use these soundtracks?”**

- You can choose to focus on one or more of the soundtracks. For optimal results, we recommend listening to each soundtrack, in

sequential order, for two weeks (making a total of 12 weeks). See the schedule information above for more details and listening guidelines.

### **“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).

### **“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 Centerflow Manifestation Mindset 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.

**“I need more help. Who can I talk to?”**

- 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](mailto:support@centerpointe.com)**

*Got an exciting story or testimonial to share about using your **Centerflow  
Manifestation Mindset suite**? 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 physical, mental, or emotional experience of the user. User results and experiences may vary.

Customers understand and agree to use the program content presented as is, and to hold harmless the provider of this program material - Centerpointe Research Institute - in the unlikely event of injury or discomfort as a result of its use.

Anyone with mental or emotional health challenges is advised to seek out professional support and treatment, and to use this product solely as an adjunct or therapeutic support to conventional forms of treatment. While Holosync is considered safe, we recommend that you consult with your doctor or therapist before using it. If you are experiencing a serious emotional or mental health condition.

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# Quick & Easy Listening Instructions

## Phase 1: Pure Intent - Clarifying Your Desire

### Listening Guidelines:

- Listen once per day for the first two weeks (days 1 - 14)
- Listen with stereo headphones or earbuds
- Listen with eyes closed in distraction-free environment
- Listen while sitting or reclining
- Listen at a comfortably low volume

### Soundtrack Details:

- 22 Minutes
- Low alpha target (7.7 Hz)
- Very strong neural driving effect
- Up-ramp to 10 Hz at end
- Includes Autofonix affirmation script

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## Phase 2: Inner Reframe - Solving Your Self-Talk

### Listening Guidelines:

- Listen once per day for the second two weeks (days 15 - 28)
- Listen with stereo headphones or earbuds
- Listen with eyes closed in distraction-free environment
- Listen while sitting or reclining
- Listen at a comfortably low volume

### **Soundtrack Details:**

- 22 Minutes
  - Dual target (10 Hz / 5 Hz)
  - Strong neural driving effect
  - No up-ramp
  - Includes Autofonix affirmation script
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## **Phase 3: Emotional Alignment - Visualizing the Feeling**

### **Listening Guidelines:**

- Listen once per day for the third two weeks (days 39 - 42)
- Listen with stereo headphones or earbuds
- Listen with eyes closed in distraction-free environment
- Listen while sitting or reclining
- Listen at a comfortably low volume

### **Soundtrack Details:**

- 22 Minutes
  - Target: 6.5 Hz
  - Light neural driving effect
  - No up-ramp
  - Includes Autofonix affirmation script
  - Includes Lateral Carrier Boost
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## **Phase 4: Infinite Horizons - Building Limitless Beliefs**

### **Listening Guidelines:**

- Listen once per day for the fourth two weeks (days 43 - 56)
- Listen with stereo headphones or earbuds
- Listen with eyes closed in distraction-free environment
- Listen while sitting or reclining
- Listen at a comfortably low volume

### **Soundtrack Details:**

- 22 Minutes
  - Target: 0.5 Hz (epsilon)
  - Medium neural driving effect
  - No up-ramp
  - Includes Autofonix affirmation script
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## **Phase 5: Inspired Momentum - Taking Action**

### **Listening Guidelines:**

- Listen once per day for the fifth two weeks (days 57 - 70)
- Listen with stereo headphones or earbuds
- Listen with eyes closed in distraction-free environment
- Listen while sitting or reclining
- Listen at a comfortably low volume

## Soundtrack Details:

- 22 Minutes
  - Target: 40 Hz (Gamma)
  - Medium neural driving effect
  - Down-ramp from 40 Hz to 10 Hz
  - Includes Autofonix affirmation script
  - Includes Lateral Carrier Boost
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## Phase 6: Patience & Flow - Trusting the Journey

### Listening Guidelines:

- Listen once per day for the sixth two weeks (days 71 - 84)
- Listen with stereo headphones or earbuds
- Listen with eyes closed in distraction-free environment
- Listen while sitting or reclining
- Listen at a comfortably low volume

### Soundtrack Details:

- 22 Minutes
- Target: 4 Hz (high delta)
- Light neural driving effect
- Up-ramp to 12 Hz
- Includes Autofonix affirmation script