

# Delta Stillpoint

## The Power of Profound Stillness

### Info & Instructions

---

Imagine dropping into the deepest calm your nervous system has ever known, where time slows, thought dissolves, and every cell in your body exhales. That's the *Delta Stillpoint*.

Using Holosync's proprietary low-carrier neural driving and precision entrainment, plus Lateral Carrier Boost 2.0 technology, this audio experience guides you into the delta brainwave range (0.5 - 4 Hz), a state normally accessed only in the deepest stages of sleep and advanced meditation.

In this silent, fertile ground:

- Your body initiates its most powerful healing and recovery processes.
- The mind releases stress, tension, and long-held patterns.
- A vast, timeless awareness opens where insight and renewal emerge.

Most people never experience delta consciously. With **Delta Stillpoint**, you can enter this realm *awake and aware* - a rare and transformative state where both brain and body reset at the deepest level.

This is not just relaxation. It's not just meditation. It's a **stillpoint for your entire being** where true healing and renewal begin.

## Listening Guidelines

- Listen in a quiet distraction-free environment
  - Listen up to three times a day (recommended for evening or nighttime use)
  - Listen with stereo headphones or earbuds
  - Listen with eyes closed, reclining or lying down
- 

## Additional Details & Frequently Asked Questions

### What is “Neural Driving?”

Neural driving is the process of stimulating or “driving” the nervous system with Holosync sound frequencies. The stronger the neural driving effect, the more stimulus is being delivered to the brain and the more potential for significant shifts and changes in the way the brain functions.

Heavier neural driving effects can cause more in the way of unresolved mental and emotional material to be released, whereas lighter neural driving effects are used for certain listening sessions that entail more varied entrainment sessions, audible guided exercises, or higher target states.

*It's important to note that while soundtracks with a stronger neural driving effect can potentially produce more in the way of catharsis (the*

*release of old mental and emotional material), not every listening session will feel exactly the same or produce the same effect each time.*

*As always, you're encouraged to let your nervous system respond to any given session however it needs to in the moment and let each listening experience unfold without an attachment to a specific "effect" or experience.*

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

Lateral Carrier Boost 2.0 was developed by the Centerpointe Audio Design Team to enhance the effectiveness of brain wave entrainment by subtly boosting the amplitude of the Holosync carrier frequencies in each channel independently and sequentially several times over the course of the listening session.

Lateral Carrier Boost 2.0 is designed to increase the synchronous neuro-electrical activity between your two cerebral hemispheres, causing more connectivity and coherence between the two sides of your brain and more "whole brain thinking."

When your cerebral hemispheres are well connected, you can easily achieve a Flow State and get "in the zone." It's like "thinking in stereo."

The result is a brain firing on "all cylinders;" functioning at optimal efficiency and peak performance. Memory, concentration, focus, retention, recall, and cognition are all improved thanks to the Lateral Carrier Boost technology, as well as making it easier to heal and release old, unresolved mental and emotional material.

If you've been looking for a way to increase the effectiveness of your Holosync listening sessions, look no further than Lateral Carrier Boost 2.0 - a one-of-a-kind audio innovation you'll find nowhere else.

## Some Important Things to Remember

### About Holosync Listening Sessions:

- When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.
- Never listen while driving or riding a bicycle or while doing anything that requires your full attention.
- Always use stereo headphones or earbuds with Holosync audio soundtracks. While the music or nature sounds can be enjoyed without headphones or earbuds, the Holosync neuro audio technology requires stereo separation to produce the desired effects.
- You do not need highly expensive audio gear to listen, (although higher quality audio gear will usually sound better). Any standard stereo earbuds or headphones will work. *(Centerpointe offers a range of affordable, high quality stereo headphones and earbuds. Visit [centerpointe.com](http://centerpointe.com) for details or call 503-672-7117)*

- The soundtracks can be played on any media device or smartphone that supports the mp3 format.
- All soundtracks are offered in high bitrate 320kbps mp3 format to ensure superb audio quality and effectiveness.
- Remember: Not every listening session will yield the same effect. Be prepared for some listening sessions to feel “deeper” or more eventful than others. Never worry about having a “wrong” experience. Your nervous system will provide whatever response it needs to at the time and that may vary from session to session.
- Remember that there is a very wide range of possible benefits and effects of listening to Holosync soundtracks. While some listening sessions will provide an immediate benefit (such as relaxation or a heightened state of focus), other benefits manifest over time as your brain adapts and responds to repeated listening sessions. Be patient and enjoy the changes as they happen!

## Frequently Asked Questions:

### **Q) “I hear a faint hum or buzz on my soundtracks”**

A) That’s okay. What you’re hearing is Holosync. While you don’t need to hear it for it to be effective, some listeners will detect the audible presence of Holosync from time to time. Whether or not you hear it depends on many factors (your audio equipment,

your natural hearing sensitivity, what soundtrack you're listening to, how loudly you're listening, etc). *Again, it doesn't matter whether or not you can consciously hear Holosync – it will still work.*

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

A) No. Listening to loud volume levels is not recommended, could damage your hearing, and will not improve the effects of the soundtracks. *Louder isn't better.* We recommend listening at a comfortably low volume.

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

A) Absolutely! Delta Stillpoint is 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 Delta Stillpoint soundtrack.

**Q) “Can children listen to these soundtracks?”**

A) Due to the potency of these soundtracks, we don't recommend that children younger than 13 years of age listen to Delta Stillpoint. While there is no known risk to younger children listening, Holosync can sometimes produce catharsis or bring up challenging mental and emotional material for some children. For more information be sure to contact our Support Team.

**Q) "I need more help. Who can I talk to?"**

A) You can speak with a real, live person! Our Support & Accelerated Results Coaching Team is here to help!

Our telephone support line is open from  
9:00am - 4:30pm Monday - Friday, Pacific Time.

503-672-7117

Or you can email [support@centerpointe.com](mailto:support@centerpointe.com)

*Got an exciting story or testimonial to share about using your Delta Stillpoint soundtrack? 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 cure for any medical or mental health problem, or 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.

# Delta Stillpoint: Terms & Conditions

Please note that your purchase is final at the time you place your order. No refunds are available for "digital/downloadable" products.

Centerpointe guarantees this digital product to be free from defects. If you find a defect with any part of the digital product, please contact the Centerpointe Support Team for prompt assistance.

You may access and use this digital product on any media device that supports it, including multiple devices.

It is the buyer's responsibility to ensure that their media devices (including phones, laptops, tablets, etc) are capable of downloading and displaying/playing the media as offered.

You may download this digital product multiple times to multiple devices for your own personal use only.

You may not sell, share, license, or otherwise transfer this product to another person or company without the prior consent of Centerpointe Research Institute. You may not share any part of this product via social media/streaming platforms.

All written, transcribed, and recorded content, including pdfs, mp3s, mp4s or other media is protected by copyright. Any use, reproduction, or dissemination of this content in whole or in part outside of the Terms outlined here without the consent of the copyright holder (Centerpointe Research Institute) is prohibited by law.

For any questions or issues, contact the Centerpointe Support Team:

**support@centerpointe.com - 503-672-7117**



**Centerpointe**  
RESEARCH INSTITUTE