

Echoes of the Ancestors

A Meditation Journey for Healing the Lineage

(Part One of the Shadow Work Series)

Info & Instructions

Welcome!

Welcome to **Echoes of the Ancestors** - a Meditation Journey for Healing the Lineage. This is the first of four suite series focused on Shadow Work; the process of accessing, acknowledging, and healing that which we have repressed or disowned in order to become whole, happy, and complete.

Echoes of the Ancestors is a four-soundtrack meditation suite that guides you through the deep work of lineage healing and legacy-building. From awakening connection to your bloodline, to releasing inherited wounds, receiving ancestral blessings, and finally planting seeds of wisdom for future generations, this journey blends Holosync neuro-audio technology, Autofonix affirmations, and guided meditation to empower you in your shadow work journey.

The result is a profound experience of belonging, healing, and transformation - where the past is honored, the present is renewed, and the future is lit with intention.

These four soundscapes are not just recordings - they are gateways. Each one opens a doorway into your lineage, into the wisdom of those who came before, and into the legacy that will flow beyond you. Approach them not as mere “soundtracks,” but as sacred encounters.

The soundtracks can be listened to in any order. But for optimal results, we suggest listening to them in sequence as each one is designed to prepare you for the next step.

You might choose to experience all four tracks in a single day, or spend a week - or even longer - with each one before moving to the next. The journey is flexible; follow the rhythm that feels right for you and that works with your schedule.

Listening Guidelines

- Headphones/Earbuds required. The Holosync, Autofonix, and Lateral Carrier Boost 2.0 technologies are designed for stereo headphones. This ensures you experience the full brainwave entrainment and affirmation benefits.
- Environment. Choose a quiet, comfortable place where you won't be disturbed. Dim lighting or candles can help create a sacred atmosphere.
- Posture and position. Sit or recline comfortably, with eyes closed.

- Timing. Most people find these sessions most powerful in the morning (to set intention) or evening (to process and release). Avoid listening while driving or doing anything that requires full alertness.
- Post-listening. Take a few minutes afterwards to journal, reflect, or simply sit in silence. Noticing your feelings and impressions helps integrate the experience.

The Four Soundtracks

#1) Bloodline Awakening

Begin here. This track opens the door to ancestral connection, bringing you into a deep, receptive state. It is designed to help you link your awareness to your bloodline and lineage. Use it to set the intention of openness and contact with your ancestral past.

- 30 minutes
- Strong neural driving effect
- Target: Low Delta (1 Hz)
- Ascent to high theta at end (7 Hz)
- Includes Autofonix encoded affirmations
- Includes Lateral Carrier Boost 2.0

#2) Healing the Lineage

This soundtrack is designed to help heal generational and family trauma and emotional wounds. Use this track when you are ready to release inherited burdens and bring compassion to generational wounds. It's ideal for forgiveness work, emotional release, and planting seeds of peace.

- 30 minutes
- Light neural driving effect
- Triple target sequence: theta (7 Hz), gamma spike (40 Hz), theta (7 Hz)
- Includes Autofonix encoded affirmations

#3) Blessings of the Ancestors

This audible guided meditation invites you to receive the gifts, wisdom, and support of your ancestors. Experience the presence of your ancestors as they bestow their blessings on you. Best used when you want to feel connected, supported, and uplifted.

- 30 minutes
- Medium neural driving effect
- Target: theta (6.5 Hz)
- Includes audible guided visualization
- Includes Lateral Carrier Boost 2.0

#4) Lighting the Path

The final track focuses on legacy. Use it to project healing, love, and strength into the lives of future generations. It helps you embody the values you want to pass forward and become a luminous presence in the unfolding journey of your life, and beyond.

- 30 minutes
- Strong neural driving effect
- Dual target sequence: alpha (9 Hz), delta (3 Hz) no ascent
- Includes Autofonix encoded affirmations
- Includes Lateral Carrier Boost 2.0

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 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 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 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! Echoes of the Ancestors Suite 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 Echoes of the Ancestors soundtracks. Be sure to refer to the instructions for each of the soundtracks for listening recommendations.

Q) “Can children listen to these soundtracks?”

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

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

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

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

503-672-7117

Or you can email **support@centerpointe.com**

Got an exciting story or testimonial to share about using your Echoes of the Ancestors 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.

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

Echoes of the Ancestors Suite : Terms & Conditions

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