



The Epsilon Edge - Deep Brain Expansion Suite Info & Instructions

For optimal results, please read all the instructions before using your Epsilon Edge soundtracks.

Welcome to the **Epsilon Edge Deep Brain Expansion Suite**. You're about to explore some of the deepest meditative states known to science. This Holosync collection is designed to gently guide your brain into **ultra-slow epsilon frequencies** (<1 Hz), a realm normally accessible only to advanced meditators.

Listening Guidelines for Optimal Results:

1. Find your space

Choose a quiet, comfortable spot where you won't be disturbed. For the best experience, keep your eyes closed throughout the session.

2. Use quality headphones

Stereo headphones or earbuds with both working ear speakers are required to fully experience the Holosync® technology.

3. Pick your soundtrack

There's no required order - choose any track that calls to you.

4. Set your intention

Decide what you'd like to cultivate during your session: relaxation, deep mental reset, or exploration.

5. Press play and let go

Allow your brain to be guided into ultra-slow epsilon frequencies. You may notice deep stillness, timelessness, or a fading of body awareness - simply observe.

6. Ease back slowly

Take a few minutes to reorient after your session. Notice the calm, clarity, and insights that often linger.

7. Notice the aftereffects

Many listeners report reduced stress, mental clarity, shifts in awareness, and a greater sense of connection and well-being.

8. Practice regularly

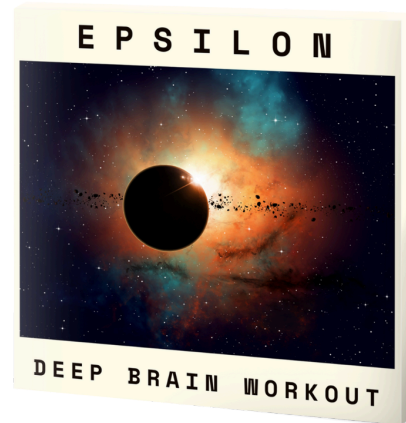
Benefits build over time. Experiences can change from session to session. Consistent listening yields the best results.

Tip: There's no "right" way to meditate here. Simply relax, listen, and let the process unfold.

Your Epsilon Edge Deep Brain Expansion Suite comes with the following four powerful audio meditation soundtracks:

Soundtrack #1: Epsilon Deep Brain Workout

Epsilon Deep Brain Workout is the flagship track of the Epsilon Edge Suite, and is your gateway to the deepest meditative states we've ever created. Designed for seasoned meditators, it takes you beyond ordinary relaxation into profound stillness, where body awareness fades and consciousness expands.



How to Listen

- Find a quiet, distraction-free space
- Sit comfortably or recline with your eyes closed
- Use quality stereo headphones or earbuds for full effect
- Practice once or twice daily for best results

Track Highlights

- **20-minute deep dive** into ultra-slow epsilon frequencies
- **Very strong neural driving effect** for powerful brain integration
- **Extended immersion** in the epsilon range
- **Soothing musical layers** to support relaxation and focus

- **Lateral Carrier Boost™ 2.0** technology for enhanced cross-hemispheric synchronization

Prepare for an **exceptionally potent meditative experience** - a “deep brain workout” designed to reset, rewire, and revitalize your entire system.

Soundtrack #2: Epsilon Whole Brain Harmonizer

An advanced audio meditation engineered for deep hemispheric synchronization, the **Epsilon Whole Brain Harmonizer** brings your mind into a state of balance, cohesion, and quiet resilience. It’s designed to melt away tension and stress, restoring a sense of centeredness and effortless flow.

Perfect for rebalancing your nervous system, this track helps shift you out of “fight or flight” and into a deeply relaxed parasympathetic state. Expect a potent yet deeply restorative journey into whole-brain harmony where you can cultivate an inner landscape of balance, calm power, and integrated presence.



How to Listen

- Choose a quiet, distraction-free space
- Sit comfortably or recline with your eyes closed
- Use stereo headphones or earbuds for optimal effect
- Listen once or twice daily
- Especially recommended for evening or nighttime sessions

Track Highlights

- **20-minute deep immersion** for nervous system reset
- **Strong neural driving effect** to reorganize and recalibrate the nervous system
- **Gentle upramp at the end** for a smooth return to alertness
- **Lateral Carrier Boost™ 2.0** technology for enhanced integration
- **Soothing musical layers** to support relaxation and emotional release

Experience a **state of effortless balance and integration** - a powerful reset for mind, body, and spirit.

Soundtrack #3: Epsilon Mind-Body Integrator

An **ultra-deep Holosync® audio experience** designed for serious meditators, the **Epsilon Mind-Body Integrator** delivers full-system recalibration - guiding you far beneath the surface noise of thought into the quiet ground of being.

This isn't surface-level relaxation; it's a profound letting go for both mind and body. As your brain slows into epsilon frequencies (below 1 Hz), long-held stress patterns, emotional residue, and mental loops begin to dissolve. Then, through a carefully engineered ascent back to 20 Hz, your system resets - emerging clearer, lighter, and renewed.



How to Listen

- Find a quiet, distraction-free environment
- Sit comfortably or recline with eyes closed
- Use quality stereo headphones or earbuds
- Listen once or twice daily
- Ideal for morning or daytime sessions when you want a full reset

Track Highlights

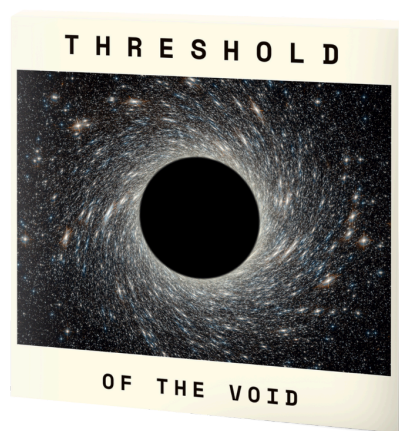
- **20-minute ultra-deep dive** into restorative epsilon frequencies
- **Strong neural driving effect** for rapid nervous system recalibration
- **Quick drop to 0.3 Hz** for maximum centering effect
- **Steep ascent** at the end for a refreshing return to alertness
- **Soothing musical overlay** to support emotional release and integration

Experience a **full-spectrum mind-body reset**-a powerful clearing that leaves you grounded, refreshed, and deeply at ease.

Soundtrack #4: Threshold of the Void

Step into the **liminal zone** - the boundary between conscious awareness and the vast, fluid field of the subconscious. In this deeply immersive **Holosync® audio meditation**, your nervous system sinks into profound stillness while your subconscious becomes open, receptive, and ready for transformation.

At the deepest point of the session, **Lateral Carrier Boost™ 2.0** technology gently engages both brain hemispheres in sequence, enhancing communication and whole-brain synchrony. The result is a **powerful yet balanced experience** - a safe exploration of your inner depths without overwhelm.



Use **Threshold of the Void** for **creative resets, shadow integration, and deep emotional soothing.**

The result is a journey to the very “ocean floor” of your consciousness.

How to Listen

- Find a quiet, distraction-free environment
- Sit comfortably or recline with eyes closed
- Use quality stereo headphones or earbuds
- Listen once or twice daily
- Best for morning or daytime use when mental clarity and integration are desired

Track Highlights

- **30-minute immersion** that takes you to the epsilon “liminal zone”
- **Medium neural driving effect** for deep but gentle exploration
- **Extended time in ultra-slow epsilon frequencies** for maximum integration
- **Lateral Carrier Boost™ 2.0** for improved hemispheric synchronization
- **Soothing musical overlay** with a **light ascent** back to wakefulness

Dive into the **threshold between worlds** - a profound meditative state where your deepest self waits to be discovered.

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 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! **The Epsilon Edge Deep Brain Expansion 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 Epsilon Edge 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 **The Epsilon Edge Deep Brain Expansion 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 **Epsilon Edge Deep Brain Expansion Suite** 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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