

Epsilon Release & Reset

Info & Instructions



Welcome to Epsilon Release & Reset - a supplemental soundtrack to the **Epsilon Edge Deep Brain Expansion Suite**.

Epsilon Release & Reset is a powerful deep-dive audio experience designed to help you dissolve internal tension, clear subconscious clutter, and initiate a full-body energetic reset.

Using Holosync® technology to help your brain access the **ultra-slow epsilon brainwave range** below 1 Hz, this track gently guides you beyond ordinary awareness and into a place of profound stillness and release. It's here, in this deeply quiet state, that the nervous system recalibrates, emotional patterns unwind, and inner space is restored.

No effort. No striving. Just a gentle letting go.

Ideal after emotional overwhelm, energetic burnout, or deep inner work, this session allows your system to process, release, and begin again from a grounded, centered place.

Features:

- 20 Minutes
- Listen with eyes closed in a distraction-free environment
- Listen while seated or reclining
- Listen one to two times daily (anytime of day)
- Medium neural driving effect
- Includes Lateral Carrier Boost 2.0 Technology

Listening Guidelines:

1. Prepare your space

Choose a quiet, comfortable spot where you won't be disturbed. Dim the lights if possible, and settle into a seated or reclining position.

2. Use quality headphones

Stereo headphones or earbuds are required to fully experience the Holosync® technology.

3. Set your intention

Before starting, acknowledge what you'd like to release - stress, tension, or residual emotional weight - and allow yourself to welcome the reset.

4. Press play and let go

This track guides your brain into the ultra-slow epsilon range (below 1 Hz), where deep nervous system recalibration and emotional release naturally occur. There's no effort needed - just listen and allow.

5. Ease back gently

When the session ends, take a few minutes to reorient. Notice the subtle sense of clearing, lightness, and inner spaciousness.

6. Practice as needed

Use whenever you're feeling energetically overloaded, emotionally taxed, or in need of a deep reset.

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!

Got more questions or need 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)