

Fearless & Free

Welcome to Fearless & Free, a special supplemental soundtrack offered exclusively to users of Centerpointe's Complete Confidence audio collection!

It's been said that everything you want in life lies on the other side of fear. And fear, as we know, comes in many forms. Fear of failure, fear of rejection, fear of judgment, fear of loss, fear of change.

Fear is like a prison warden who holds the keys to our freedom and keeps us locked up, isolated, and powerless.

Fear tells us what we can and cannot do.

It dictates the quality of our relationships and our self worth, and limits our opportunities.

It whispers to us that we aren't good enough, smart enough, or capable enough to achieve our goals.

And it convinces us that we don't really deserve to be happy, successful, and free.

In short, fear is the great nemesis of our self-confidence and self-worth.

It's time to break free of the tyranny of fear.

We created **Fearless & Free** with one objective in mind: to help you release fear at the deepest levels of the unconscious mind.

Holosync is a unique audio technology that makes it possible to access the deepest states of consciousness. That's particularly helpful when it comes to healing and releasing deeply-rooted fears because many experts believe those fears reside at very deep levels in our psyche.



That makes sense when you think about the fact that our deepest fears are the ones we repress into the cellars and basements of our brains - well out of the way of our conscious awareness.

But like toxic sludge, just because we're not always consciously aware of these fears, they still seep into our lives - affecting our relationships, our health, our well-being, and our confidence!

With **Fearless & Free** you have a very potent psychoacoustic tool that helps you power-wash those deeply-rooted fears away. **Fearless & Free** targets the deepest of all brain wave states - Epsilon - with neuro-electrical fluctuations below one cycle per second (<1Hz).

By accessing these extremely deep states of consciousness, you open the door to help release those old fears and worries in ways no other method can match.

Usage Instructions:

Listen up to twice per day, anytime of day (we recommend late in the day or right before bed).

Remember to always use stereo earbuds or headphones, and never listen while driving or when you need to be aware of your surroundings.

Soundtrack Details:

- 20 Minutes
- Medium Neural Driving Effect
- Listen once or twice per day
- Listen while reclining or lying down, eyes closed
- Use headphones or earbuds
- Includes target descent to 0.8 Hz (epsilon) followed by gentle ascent to 8 Hz (low alpha)



Users Report:

Below are some commonly reported experiences by listeners. But remember: Every person is unique and every listening session can feel different. Let whatever you experience while listening be okay!

- Very deep relaxation, occasional sleepiness
- Feelings of peace and comfort
- Occasional cathartic release of fear-based thoughts/memories
- Deep physical relaxation
- Feelings of mental and emotional rejuvenation
- Relief from feelings of anxiety and depression

See the [Information & Instructions](#) pdf in your [Complete Confidence download page](#) (via your Member Portal) for Additional Information and Frequently Asked Questions.

**For more help, contact our Support Team.
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 Complete Confidence 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.

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.



Complete Confidence: 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**

