

# Holosync Hypnosis Advantage Info & Instructions

*Please read all the info and instructions before using your soundtracks.*

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**Welcome to Holosync Hypnosis Advantage created by Centerpointe.**

What happens when you combine the scientifically proven power of **Holosync® brainwave entrainment** with the deeply transformative practice of **hypnosis**?

You get a next-level breakthrough tool for reprogramming limiting beliefs, dissolving inner resistance, and stepping into your most empowered self.

This isn't just hypnosis.

This is **precision-tuned subconscious transformation** - gently delivered while your brain is guided into optimal states for deep change and neuroplasticity.

Each session in this powerful collection uses Holosync® audio technology to:

- **Activate Alpha and Theta brainwave states** where hypnosis is most effective
- **Bypass the conscious mind's filters** and embed positive suggestions directly into your subconscious
- **Lower stress, release emotional blocks**, and support long-term behavioral change

- **Accelerate results** - because the brain responds faster and more deeply in these Holosync-enhanced meditative states

Whether your goal is confidence, healing, focus, abundance, or emotional freedom, **Holosync Hypnosis Advantage** is designed to make lasting transformation easier, faster, and more profound than ever before.

Your **Holosync Hypnosis Advantage** comes with 26 powerful 15 minute audio listening sessions with verbal guidance (see list below).

### **Listening Instructions:**

- **Find a quiet, comfortable place** where you won't be disturbed for at least 15 minutes (ideally 30 minutes). Use headphones for best results - Holosync technology requires stereo sound to work effectively. And remember to keep the volume comfortably low. Louder isn't better.
- **Choose from among the main 25 soundtracks to listen to as your schedule allows.** If there is a specific area you'd like to focus on (e.g., confidence, anxiety relief, manifestation), we suggest listening to the corresponding soundtrack consistently (daily) for at least two weeks. Repeated listening yields the best results.
- For best results, listen to the **Ready to Receive** primer soundtrack at the start of each listening session before moving onto your selected main soundtrack. **Ready to Receive** is designed to introduce you to the experience of listening and to prepare your mind to be open and receptive to the positive changes the other soundtracks create.
- All soundtracks use the same Holosync entrainment sequence, targeting both **alpha and theta brainwave states**.

- **Sit or lie down in a relaxed position** with your spine straight but not rigid. You can close your eyes and allow your body to fully relax.
- **Press play and simply listen.** Let go of expectations. You don't need to "do" anything. The embedded brainwave technology and hypnotic guidance will gently do the work for you.
- **Allow yourself to go deep.** You may feel drowsy, floaty, or deeply calm. That's normal. If you drift off or lose track of the words, your subconscious is still receiving the full benefit.
- **Use once or twice daily** for the most powerful and lasting results. Morning or evening is ideal, but any time you can relax and listen undisturbed will work.
- **After the track ends, give yourself a moment.** Stretch, breathe deeply, and return to your day slowly. Many users notice a subtle yet powerful shift in mood, mindset, or energy after each session.
- **Optional: Keep a journal** of thoughts, emotions, or breakthroughs you experience during or after listening. Patterns may emerge that show your progress over time.
- **Note:** Do **not** listen while driving or operating machinery. These tracks are designed to induce deeply relaxed or altered states of consciousness.

# Your Holosync Hypnosis Advantage Library Includes:

## Hypnosis Primer

### **Ready To Receive - A Hypnosis Primer**

Prepare your mind to relax and open up to the power of Holosync and hypnotic suggestion.

## Habit Change & Behavior Modification

### **1. Stop Smoking for Good**

Banish your desire to smoke and embrace a healthier lifestyle.

### **2. Lose Weight Permanently**

Rewire your mind, transform your body.

### **3. Control Compulsions Forever**

Take back control, once and for all.

### **4. Overcome Alcohol and Drugs**

Break your reliance on harmful substances.

### **5. Stop Procrastinating Now**

Go from stuck to unstoppable and get things done!

## Stress, Trauma & Emotional Healing

### **6. End Anxiety & Panic Attacks**

Find calm, feel safe, live free.

### **7. Ditch Depression & Find Gratitude**

Break free from emotional weight and find joy in gratitude.

### **8. Heal from Trauma & Abuse**

Release the past. Reclaim your peace.

### **9. Gracefully Process Grief & Loss**

Go from heartache to wholeness, one breath at a time.

### **10. Overcoming PTSD**

Break free from the past and step into peace.

## **Mental Performance & Focus**

### **11. Boost Memory & Concentration**

Elevate your focus and sharpen your memory.

### **12. Improve Test-Taking Skills**

Your secret weapon to ace any test.

### **13. Enhance Creativity & Intuition**

Unlock your inner artist and fire up inspiration.

### **14. Increase Confidence & Self-Esteem**

Transform doubt into unshakable confidence.

### **15. Break Through Creative Blocks & Imposter Syndrome**

Transform blocks into breakthroughs.

## **Health & Wellness**

### **16. Escape from Chronic Pain**

Release the pain and embrace comfort and ease.

### **17. Get Your Best Sleep Ever**

Calm your mind, drift into deep, restorative sleep.

### **18. Strengthen Your Immune System**

Tune into your body's natural healing power.

### **19. Enhance Healing and Recovery**

Repair, recharge, rejuvenate.

### **20. Regulate Blood Pressure & Boost Heart Health**

Show your heart some love!

## **Relationships & Personal Life**

### **21. Overcome Fear of Public Speaking & Social Anxiety**

Step up with confidence and poise.

### **22. Attract Romance & Healthy Relationships**

Open your heart and mind to love and connection

### **23. Make More Money & Create Abundance**

Attract wealth, embrace the prosperity mindset.

**24. Manifest Your Dreams With Greater Clarity**

See clearly, manifest boldly!

**25. Connect With Intuition & Spiritual Purpose**

Deepen your connection to self and spirit.

## 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 **Holosync Hypnosis Advantage** 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 Holosync Hypnosis Advantage 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 some soundtracks, we don't recommend that children younger than 13 years of age listen to the Holosync Hypnosis Advantage 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](mailto:support@centerpointe.com)**

*Got an exciting story or testimonial to share about using your **The Holosync Hypnosis Advantage** 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 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.

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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.

# The Holosync Hypnosis Advantage

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

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