

# **Holosync Om - Chakra Supercharger Info & Instructions**

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Welcome to the **Holosync Om - Chakra Supercharger**, a powerful complementary soundtrack exclusively for owners of the **Chakra Activator Energy Suite**.

## **The Power of Om**

The Sanskrit syllable of Om (or Aum) is considered the primordial sound of the universe. Om has, for thousands of years, been associated with the ancient vibrational creative force from which the universe originated and resonates.

Just as white light contains all the colors of the spectrum, Om is said to contain all sacred frequencies. Because Om is believed to transcend space and time and is said to connect us to the infinite energy of the universe, Om is, to this day, the most powerful and commonly used meditation mantra.

Om is also closely associated with vibrational healing, particularly effective at cleaning, balancing, and activating the Seven Major Chakras. It acts as a kind of energetic tuning fork that aligns and tunes the entire chakral column, from root to crown.

But how does such a simple sound have such a profound effect on these bioenergy centers?

## Let's look at how Om affects each of the Seven Major Chakras:

- 1) **Root Chakra (Muladhara):** Chanting or listening to Om can help ground and stabilize the root chakra, fostering a sense of security and connection to the earth. It can remove blocks that can cause us to feel adrift and disconnected and instill feelings of groundedness and stability in all areas of our lives.
- 2) **Sacral Chakra (Svadhithana):** The vibrations of Om can stimulate creativity, inspiration, and passion, enhancing the sacral chakra's energy. It can soothe an overactive sacral chakra and balance intense emotions, helping us be less reactive and more aware and conscious.
- 3) **Solar Plexus Chakra (Manipura):** Om can boost confidence and personal power, resonating with the solar plexus chakra's core attributes. The sound itself emanates from our center, our core, and opens the flow of energy between the higher and lower chakra energy centers.
- 4) **Heart Chakra (Anahata):** Om is often used to open and heal the heart chakra, promoting love, compassion, and emotional healing. The heart chakra responds to the sound of Om by becoming calm and opening to feelings of well-being and joy.
- 5) **Throat Chakra (Vishuddha):** Chanting or listening to Om can facilitate clear communication and self-expression, aligning with the throat chakra's focus. As the sound of Om

resonates through the body, the throat chakra opens and activates with powerful energy.

6) **Third Eye Chakra (Ajna):** The sound of Om supports intuition and mental clarity, resonating with the third eye chakra's role in perception and insight. Om blows away mental fog and confusion and instills a sense of pure awareness and flow. It's a powerful ally in improving memory and staving off cognitive decline.

7) **Crown Chakra (Sahasrara):** Om is closely associated with the crown chakra, as it symbolizes the connection to higher consciousness and spiritual enlightenment. As the most ancient of all sounds, Om symbolizes our infinite spiritual nature and is believed to open our connection to higher planes of understanding and awareness.

If there is a single sound or vibration that can balance and heal our life-force energy, it is Om.

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## **Introducing: “Holosync Om - Chakra Supercharger”**

Now you can experience the healing and transformative power of Om at the touch of a button!

**Holosync Om - Chakra Supercharger** is a unique audio meditation experience inspired by the principles of sound bathing, vibrational healing techniques, and, of course, the timeless power of Om.

This is an exclusive supplemental soundtrack that complements the **Chakra Energy Activator Suite**. And as you're about to see, it's an incredibly powerful listening tool like no other.

**Holosync Om - Chakra Supercharger** uses a very potent neural driving stimulus combined with one of the deepest attainable brainwave states: 0.5 Hz.

This exceptionally deep state, known as epsilon (a subset of delta brainwaves), is where we store the deepest and most repressed energies - old and negative energies related to past trauma or emotional wounding, loss, grief, heartbreak, and sadness. Some believe these toxic energies can persist from generation to generation - a kind of karmic burden we might not even know we're carrying.

Although this unresolved energetic material is not always on our minds consciously, this repressed material - when left to fester in our minds and bodies - can disrupt the balance and flow of energy throughout our chakras.

And that means it can manifest in some very real and tangible ways: Anxiety, depression, fear, sleeplessness, fatigue, worry, anger, and a host of physical ailments like high blood pressure, high cortisol, and chronic pain - all of this and more can be tied to specific problems within the chakras. Stress alone is enough to throw our energy centers off balance, causing them to be underactive, overactive, or even blocked altogether.

Modern medicine and therapy provide a few options to address problems like chronic pain and anxiety, mostly in the form of

pharmaceuticals or other chemical or surgical interventions. But according to ancient healing wisdom, these steps don't fully heal the underlying source of such issues - the "energy organs" or chakras themselves.

But with **Holosync Om - Chakra Supercharger**, you have a pill-free, simple, and effective way to combine the ancient healing force of Om vibrations with the cutting-edge power of the most widely used audio meditation technology in the world - Holosync. Just by listening to **Holosync Om - Chakra Supercharger** once a day, you can experience full-body energetic clearing and healing in the comfort of your own home.

Plus, **Holosync Om - Chakra Supercharger** includes our proprietary Lateral Carrier Boost technology, which stimulates more bilateral synchronization between the two hemispheres of the brain. That means better focus, memory, and a brain functioning at peak performance. This high-tech innovation is yet another way to help get your energy centers unstuck, tuned, and flowing freely.

But please note: ***This is a tool, not a toy!***

We designed this soundtrack for adult nervous systems. The **Holosync Om - Chakra Supercharger** is a very powerful soundtrack that provides the full potency of Holosync's low carrier frequencies to saturate and drive the nervous system to adapt and reorganize to high levels of functioning.

That means listeners can expect to experience mild catharsis as your chakras release old repressed and toxic "stuff" that may be holding you back or even making you sick. Unlike other

“relaxation soundtracks,” the **Holosync Om - Chakra Supercharger** pushes your nervous system to grow and change. It’s a real workout for the brain, a kind of energy workout! But like any good workout routine, the results can be life-changing!

### **Listening Instructions:**

- Listen lying down or reclining, with eyes closed, in a distraction-free environment.
- Always listen with stereo headphones or earbuds.
- Listen at a comfortably low volume level.
- Listen once or twice per day
- Includes periodic repetitions of “Om” which you can chant along with or simply passively listen to.

### **Soundtrack Details:**

- 20 minutes
- Target: Epsilon (0.5 Hz)
- Strong neural driving effect
- Includes periodic Om chanting throughout the soundtrack
- Includes beautiful musical overlay in harmony with Om and gentle ocean surf
- Includes Lateral Carrier Boost Technology

### **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.

- Always listen at comfortably low volume levels (louder isn't better)
- Never listen while driving or riding a bicycle or while doing anything that requires your full attention.
- Holosync requires stereo earbuds or headphones. While the music 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 the 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 [shop.centerpointe.com](http://shop.centerpointe.com) for details or call 503-672-7117)
- The soundtrack 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.
- 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.

- 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

#### **“I hear a faint hum or buzz on my soundtracks”**

- 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 hearing, 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.

#### **“Will the soundtracks work better at a louder volume?”**

- 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.

**“I’m also doing The Holosync Solution™ program. Can I do both?”**

- Absolutely! This soundtrack is 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 Om - Supercharger soundtrack. Be sure to refer to the instructions for each of the soundtracks for listening recommendations.

**“Can children listen to these soundtracks?”**

- Due to the potency of some soundtracks, we don't recommend that children younger than 13 listen to these 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?”**

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

Our telephone support line and Help Desk 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 Holosync  
Om - Supercharger soundtrack? We'd love to hear from you!  
Call or email today!*

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

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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.

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