

Journey to Self

Info & Instructions

*“Open yourself to love, forgive yourself and others,
and live with compassion and gratitude.”*

~ Bill Harris

Welcome to **Journey to Self**, a unique and powerful suite of four soundtracks designed to help you discover and experience profound levels of deep personal fulfillment. Each soundtrack is presented in high bitrate mp3 format to ensure optimal sound quality, and can be downloaded and played on any smartphone or other media device.

This beautiful suite of soundtracks was created by Centerpointe specifically to help heal old, unresolved mental and emotional issues related to shadows.

Shadows are repressed aspects of the self that we often inherit from traumatic or troubling early life experiences, but that can persist throughout our lives, unless or until we work to heal and integrate them.

Each soundtrack features the powerful Holosync® audio technology, Centerpointe’s proprietary Lateral Carrier Boost 2.0™ technology, and carefully chosen affirmations using Centerpointe’s Autofonix™ encoding method, all embedded beneath soothing music or sounds of nature.

We've also included a special music-free natureescape version of each soundtrack.

Also included is a beautiful, printable journal with thought-provoking questions to inspire you to document your own **Journey to Self**.

Please read the following instructions and review the Frequently Asked Questions thoroughly BEFORE using your soundtracks.

Soundtrack # 1: **Journey to Love**

“All, everything that I understand, I understand only because I love.”

~ Leo Tolstoy

Sometimes we fail to experience the full power of love in life because we're unable to fully open our hearts and minds to its possibilities. **Journey to Love** is the key to unlocking your heart and mind, allowing you to overcome any fears or resistance that may be impeding your ability to give and receive love.

Journey to Love is 30 minutes in length and can be listened to anytime of day or night. You will experience the best results by listening in a seated or reclining position, with eyes closed. Daily use, or 4 to 5 times per week, is recommended, but you can listen less frequently or as your schedule allows. (As with all Holosync soundtracks, stereo headphones or earbuds are required. Never listen while driving or operating machinery).

This track will bring your brain into a deep theta brainwave pattern, a state commonly associated with deep relaxation, dreams, and tranquility, and includes a slight up-ramp at the end returning your brainwaves to an alpha state and leaving you feeling refreshed and relaxed. A carefully chosen set of affirmations using our proprietary Autofonix recording method is included, and focus on giving and receiving love.

[Click here](#) for a complete list of affirmations used on the **Journey to Love** soundtrack.

Soundtrack #2: **Journey to Forgiveness**

“Let us forgive each other - only then will we live in peace.”

~ Leo Tolstoy

For centuries, spiritual sages and masters have told us that forgiveness is the key to experiencing spiritual liberation and healing. It’s a critical step in the **Journey to Self** process. Until we learn how to fully forgive, we can stay stuck in old, unresourceful beliefs and negative patterns of behavior. For many, forgiveness is the answer to the toxic, unconscious material that can keep us from feeling whole, centered, and happy. Our shadows can be very resistant to healing. But through forgiveness we can release our unconscious attachments to these shadows and experience real emotional freedom!

This extremely powerful soundtrack reaches deep into the unconscious—to the delta brain wave state, where the most powerful changes occur—to help you heal and release old, unresolved emotional material and impart a sense of freedom that only true forgiveness can produce.

Journey to Forgiveness is 30 minutes in length. Because of the depth of this track, it should only be used while sitting or reclining with eyes closed. Daily use is recommended, but you can listen less frequently, or as your schedule allows. (As with all Holosync soundtracks, stereo headphones or earbuds are required. Never listen while driving or operating machinery). Our powerful Autofonix affirmation script focuses on the power of forgiveness: not just of others, but also ourselves.

[Click here](#) for a complete list of affirmations from Journey to Forgiveness.

Soundtrack # 3:

Journey to Compassion

“Compassion becomes real when we recognize our shared humanity.”

~ Pema Chodron

For several years, Centerpointe has offered the popular Gamma Compassion soundtrack, which is based on remarkable research about the role of high frequency Gamma brainwaves in compassion based “loving-kindness” meditation practices such as the Metta Bhavana.

The research demonstrates a link between gamma brainwaves and powerful feelings of oneness and compassion during meditation. The Centerpointe audio labs have created a new gamma-based soundtrack with a unique gamma entrainment session, new musical overlay, and a script recorded using our Autofonix encoding method based on a traditional compassion-based meditation.

This track is 30 minutes in length and is best used sitting upright or reclining, with eyes open or closed (if your eyes are open, try selecting a point of focus for your attention, such as a candle flame or mandala).

Listeners report an upwelling of positive feelings and occasional “warm waves” of happiness (but remember, there is no “wrong” reaction to any given listening session). Because of the energizing effects of **Journey to Compassion**, we recommend listening in the morning or during your normal waking hours rather than right before bed. Listen four to six times per week or as your schedule allows. (As with all Holosync soundtracks, stereo headphones or earbuds are required. Never listen while driving or operating machinery).

Journey to Compassion features two different affirmation scripts, each powerful in their own way. The first is based on a traditional “Metta Bhavana” or lovingkindness meditation/prayer and is recorded in an audible format which repeats four times over approximately the first 10 minutes.

After the guided Metta Bhavan exercise ends, an affirmation script plays in our Autofonix encoding method (which is beneath the threshold of the normal conscious hearing range).

[Click here](#) to read the Metta Bhavana-style meditation prayer audibly presented during the first few minutes of **Journey to Compassion**.

[Click here](#) to read the Autofonix affirmation script that plays for the last 20 minutes of the soundtrack.

Soundtrack # 4: Journey to Gratitude

“If the only prayer you ever say is ‘Thank you,’ that will be enough.”

~ Eckhart Tolle

Gratitude gives rise to contentment, peace, and many other values associated with a centered and fulfilling life. Often, the happiest people are those who are also the most grateful. Being grateful for what we have in our lives opens the doorways to receiving even more. But sometimes, stress and other factors can get in the way of recognizing the gifts and blessings around us. Because deeply rooted shadows like anger and resentment are resistant to the benefits of a grateful heart, we need to do everything we can to cultivate gratitude, thankfulness, and appreciation for all that we have in our lives.

Journey to Gratitude is an easy way to reconnect with feelings of joy and contentment and to help you cultivate a mindfully thankful state. This 30-minute track brings your brainwave patterns into a gentle alpha state, a state of light relaxation and focus. You can listen anytime, sitting upright, or reclining. It can be used for relaxation or to help relieve the effects of daily stress. Unlike the other tracks in this suite, it can also be used while engaged in other forms of meditation or activities such as reading or light physical activities, such as walking or yoga. This soundtrack is also ideal for listening whenever you spend time writing in the special **Journey to Self Shadow Work Journal**, which we've included as a printable bonus for you. You can find the journal in your member's portal or by [clicking here](#).

Listeners can expect to experience a calm, focused, and slightly energized mental state. Daily use, or 4 to 5 times per week, is recommended, but you can listen less frequently or as your schedule allows. (As with all Holosync soundtracks, stereo headphones or earbuds are required. Never listen while driving or operating machinery).

Journey to Gratitude also features a special Gratitude Prayer recorded in our silent Autofonix method.

[Click here](#) to read the **Gratitude Prayer**.

Journey to Self Shadow Work Journal

Your **Journey to Self Suite** includes a beautifully designed, printable journal to help you uncover your shadows and bring them into the light of

awareness as you document your own **Journey to Self**. We suggest completing at least one journal prompt for each of the four soundtracks (Love, Forgiveness, Compassion, and Gratitude) daily or weekly.

If you decide to focus on one soundtrack, make a point of using your journal pages corresponding to that soundtrack on a regular basis. The questions included on each sheet are meant to prompt and inspire you, but feel free to fill out the journal pages however you wish.

Remember: you can do the same prompt again! As time passes, your answers to the journal prompts may change. This signifies that you have made progress in your awareness and your understanding of your shadows.

We also recommend listening to the **Journey to Gratitude** soundtrack as you journal, as it will heighten your focus and clarity.

Remember that we're here to support you! We invite you to reach out to our Accelerated Results Coaching Team every thirty days (or anytime you have a question to discuss your progress and experiences with your **Journey to Self Suite**). Centerpointe's Accelerated Results Coaches are here to help guide you and be a resource of encouragement. And if you'd like to share your experiences with Journey to Self, email us at support@centerpointe.com.

Additional Details

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 Autofonix?™

Autofonix is Centerpointe's proprietary audio encoding method that modulates the frequencies of the human voice to be - unlike conventional subliminal methods - virtually undetectable by the conscious mind but perceptible to the unconscious mind.

With Autofonix we can supply the brain with positive self-talk and inspiring affirmations that by-pass our conscious filters, anchor in the unconscious, and manifest in conscious thoughts and actions over time.

When paired with Holosync, Autofonix affirmations are significantly more effective over time than old-fashioned subliminal or audible affirmations.

As always, a full script of all Autofonix affirmations are included with any soundtrack that includes them.

What is Lateral Carrier Boost?™

Lateral Carrier Boost 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 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** - 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 Journey to Self 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 Journey to Self Suite 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 Journey to Self 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 **Journey to Self Suite** collection? We'd love to hear from you! Call or email today!*

Journey to Love Affirmations

- I freely give and receive love
- I show love in many ways to my friends and family
- I open myself to love
- I communicate in loving ways with everyone I meet
- I choose to express my love in healthy ways
- I value the love I am given
- The more I love, the more I am loved
- Love is abundant in my life
- The universe is a place filled with love
- I harbor loving thoughts toward all
- I love my life
- There is an endless supply of love in my life
- Love is at the core of my being
- Expressing love is something I do easily
- I appreciate the love I receive from others
- I am in a constant state of love and acceptance
- Love is natural
- It is safe to be loved
- I feel comfortable receiving love
- I deserve love
- Love brings happiness and fulfillment
- It is safe to love
- I am attracting love into my life
- Love is the most powerful force in my life
- The more I love, the more I am loved

- Because I love myself, I can love others
- My relationships are based on love
- I deserve a healthy loving intimate relationship
- My partner deserves my love
- I deserve my partner's love
- People know that I am a loving person
- Those to whom I show my love value it
- I openly speak my love in healthy ways
- I demonstrate my love through my actions

Journey to Forgiveness Affirmations

- I forgive myself
- I release all old burdens and embrace complete and total forgiveness
- I forgive easily
- I give the gift of forgiveness to myself and others
- I forgive all
- I receive forgiveness from all
- I express forgiveness to all
- Forgiveness allows me to live freely
- The key to personal freedom is forgiveness
- In all things, I forgive
- I forgive thoroughly and completely
- My forgiveness is offered freely
- I forgive myself in all matters so that I can live freely
- Forgiveness is a gift I give all others in my life
- I fearlessly express forgiveness in my words and actions

- It is through forgiveness that I heal
- I have the courage to forgive in all circumstances
- I make peace with myself
- I make peace with others
- Forgiveness is a gift I give to myself and to others
- I release attachments to the past and am free to embrace the future
- Forgiveness frees my spirit
- I have the courage to heal and forgive
- Forgiveness frees up my creative and loving energy
- Forgiveness creates unshakable inner peace
- I can forgive others by first forgiving myself
- I forgive those who have hurt me so that I may be free of suffering
- I am worthy of complete forgiveness
- I choose to forgive those in my past
- I forgive out of a spirit of compassion and loving-kindness
- Forgiving myself and others sets me free
- A sense of peace comes from forgiveness
- I know that forgiveness is a step on the path to healing

Journey to Gratitude Prayer

I am grateful for my life and the lives of those around me.

I am thankful for each day and what it brings, including the blessings that bring peace and pleasure, and the challenges that help me grow.

My actions and words come from a sense of gratitude for my life and for the lives of all others. I am thankful for the gift of my life and for each day.

I am grateful for my body, mind, and spirit. I am grateful for my freedom to think and choose how to live my life.

I am grateful for my material blessings, including my food and shelter.

I am grateful that each day brings me an opportunity to grow happier and healthier and help others do the same.

I am grateful to those in my life who love and support me, as well as those who challenge me as they are my teachers.

I do all things with a grateful attitude.

As I sit listening, I am filled with a sense of gratitude.

My heart overflows with gratitude.

I appreciate the incredible beauty of this world and the opportunity to experience it.

I acknowledge all my many blessings and am open to receiving more.

My heart overflows with thanks and gratitude and I know that I am blessed.

I ask that all those close to me, as well as those I will never meet, will share a feeling of unifying gratitude and thankfulness.

I surround myself with grateful people.

I begin and end each day with immense gratitude and thanks.

Today, and every day, I am grateful for my life, for the lives of others, for the lessons of the past and the opportunities of the future.

Journey to Compassion Prayer

May all beings be safe, happy, healthy, live joyously...

May all living beings be safe, happy, healthy, live joyously...

May all breathing beings be safe, happy, healthy, live joyously...

May all individuals be safe, happy, healthy, live joyously...

May all beings in existence be safe, happy, healthy, live joyously...

May I be safe from harm.

May I be happy just as I am.

May I be peaceful with whatever is happening.

May I rejoice in the gift that is life.

May I be healthy and strong.

May I care for myself in this ever-changing world graciously, joyously.

May all beings in the air, on land, and in the water be safe, happy, healthy, and free from suffering.

May all living beings everywhere, on all planes of existence, known and unknown, be happy, be peaceful, be free from suffering.

The second is a list of affirmations specific to cultivating compassion and are recorded in our proprietary Autofonix Format.

- I am guided by compassion, sincerity, peace and clarity.
- I embrace my family in compassion.
- I embrace my friends in compassion.
- I embrace all beings in compassion.
- I send compassionate thoughts and energy to those in need.
- I listen with a compassionate, loving heart.
- I feel tolerance, compassion, and love for all people, including myself.
- I am always compassionate and loving with myself.
- I reach out to other beings with compassion and love.
- I radiate joy, love, peace and compassion
- I embody kindness, compassion and tolerance.

- I am loving and compassionate with myself and others
- I tell the truth with integrity and compassion.
- I am giving, caring and compassionate.
- I am compassionate and understanding.
- I treat myself with care and compassion
- I express truly authentic compassion to all beings.

Note: After the audibly-spoken portion of the track ends (around 10 minutes into the track), no audible verbiage will be perceived. The second set of affirmations, recorded in the Autofonix method are embedded and will be present (though not consciously audible) through the remainder of the track. If you prefer to listen with no audible verbiage at all, select either the “Autofonix-only” or nature (river) version.

Disclaimer

The information and audio products provided here are not intended to diagnose, treat, or cure any medical or mental health condition. While all products offered are considered safe to use as instructed, all products are offered “as is” and Centerpointe Research Institute assumes no responsibility for the misuse of the products or information contained therein, and such information is subject to change without notice.

Centerpointe Research Institute is not responsible nor liable for any advice, course of treatment, diagnosis or any other information, services or products obtained from Centerpointe Research Institute or its affiliates.

Remember, you can call and talk to a human being between 9:00 AM and 4:30 PM Pacific time, M-F, by calling: **503-672-7117**

You can also email us at: support@centerpointe.com

Visit us at www.centerpointe.com

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