

Holosync Painless, Calm, & Free

Instructions & Information

Cutting Edge Holosync Technology Combined with Mindfulness Techniques to Help Relieve Chronic Pain, Stress, and Anxiety

Welcome!

Welcome to **Painless, Calm, & Free**, a collection of audio tools combining mindfulness techniques with the powerful Holosync neuro-audio technology to help reduce chronic pain, and the anxiety, tension, and stress that can accompany it. Holosync has been used by hundreds of thousands of people around the world to improve their lives. Now, for the first time, you can harness the power of Holosync to relieve pain and feel more relaxed and peaceful than ever before.

Your **Painless, Calm, & Free** Suite includes four Holosync soundtracks, plus two additional bonus tracks, each one offering a unique experience focused on pain relief and stress reduction.

According to the CDC, over 50 million Americans, and countless more worldwide, suffer from some form of chronic pain. If you live with chronic pain you already know: it is a limiting and life-altering experience. It can diminish your quality of life by making it difficult to enjoy even the simplest pleasures. Even simply getting up and walking a few steps across the room, or standing at the kitchen sink can be a painful ordeal. It makes even sleeping a challenge. It can affect your mood, causing you to feel depressed, irritable, and angry. And worst of all, it affects those around you, your children or grandchildren, your spouse, and your friends.

In some cases, long term chronic pain can lead to feelings of despair, exhaustion, and loneliness. A study published by Psychosomatic Medicine found that at least 50% of people suffering from chronic pain reported thoughts of self harm or suicide. These are often people who are simply exhausted from their constant pain and are desperate for relief. The misery that comes with chronic pain can crush your chances to feel happy, peaceful and healthy.

Those suffering with chronic pain are often at a loss for finding treatments that really work. Most of the time, pain relief comes in the form of prescription drugs that bring along their own set of undesired side effects. Others turn to alcohol or other substances that can lead to dangerous addictions and make matters even worse.

Sometimes it can seem like chronic pain is a life sentence of torment, frustration, with very few - if any - effective options.

But there's hope!

Recent research has shown that mindfulness techniques such as breathing exercises and visualization can significantly reduce chronic pain. Even a few simple moments of genuine relaxation can ease pain, release muscle tension and stiffness, and cause the body to produce more endorphins. This is not placebo, it's been clinically proven.

Mindfulness meditation, especially with Holosync, can even reduce cortisol levels, taking the body out of constant "red alert" mode and strengthening immune response. Because Holosync helps you effortlessly enter states of deep meditation and mindfulness, it's one of the most effective stress-reduction technologies ever created.

For many years, Holosync users have experienced a broad range of benefits through this simple but powerful audio technology. One commonly reported benefit associated with Holosync use is a reduction in chronic pain.

As new research continues to implicate stress as a major factor in pain management, and mindfulness as a means of mitigating pain, the production team at Centerpointe has worked to create **Painless, Calm, & Free**, in hopes of helping you better manage and alleviate chronic pain, and the worry, tension, and stress associated with it.

Soundtrack Information & Instructions:

To make sure you get the most out of your listening sessions please be sure to read all the instructions and info below.

Please take a moment to read the descriptions for each soundtrack below. We strongly suggest trying all of the soundtracks, but there is no specific listening sequence to follow, so you're free to choose any of the soundtracks to focus on depending on your needs and preferences.

Your **Painless, Calm, & Free** Suite includes four core soundtracks, plus two incredible bonus soundtracks as well!

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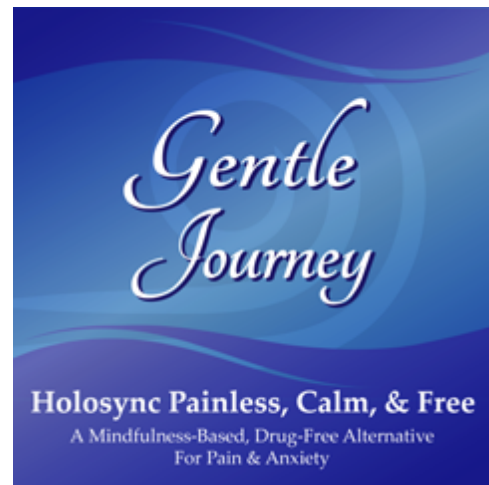
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1) Gentle Journey

A Guided Visualization

Guided visualization is a proven way of reducing perceived pain, soothing stress, and releasing tension.

Gentle Journey takes you on a 30-minute seaside stroll in which the sound and sensations of ocean waves and warm sunny skies wash away your pain and leave you feeling relaxed, refreshed, and at peace. This unique soundtrack uses specifically chosen language to trigger the mind to create relaxing imagery associated with calm, pain free enjoyment. It's like a 30-minute beach vacation!



Embedded beneath the audible sounds and narration, Holosync gently draws your brain waves down to a deep theta state, ideal for visualizing and relaxation.

Simply lie down or sit back, close your eyes, and listen to the guided visualization session.

Gentle Journey can be used anywhere but for optimal results, we recommend listening in a distraction free, low light environment. Note that it's common for some listeners to fall asleep while listening.

As with all Holosync soundtracks, be sure to listen with stereo headphones or earbuds.

2) Tranquil Breath

Breathing Through, And Beyond, Pain

One of the most effective ways to manage pain is with breathing techniques. With simple breathing exercises, you can virtually control your physiology, including your perceived sense of pain. Proper breathing can cause muscle tension to ease, reduce high blood pressure, strengthen the immune system, and much more.

With **Tranquil Breath**, breathing and movement expert Gregg Hendix guides you through simple but effective breathing techniques with a focus on reducing chronic pain. Using his own unique visualization methods, Gregg will demonstrate the remarkable power of breathing to shift you from a state of pain and discomfort to a place of physical and mental peace and calm.

Included is an embedded Holosync program to deepen and enhance your relaxation, trigger your body's relaxation response, and bring your brain waves down to a very deep theta brain wave state.

Simply sit back and listen with headphones or earbuds and follow along to Gregg's instructions.



3) Relieve & Release

Progressive Body Scan Exercise

Progressive Body Scan techniques are used in training by the military and first responders because of their power to create a clear, focused, anxiety-free state of mind and body. It's also tremendously helpful for reducing chronic pain and muscle tension. And it's an excellent way to learn and hone your mindfulness skills.



With **Relieve & Release**, you're guided through a full body scan, from your feet to your head, gently stretching and then releasing specific muscle groups in sequence to release any tightness in muscles and joints, and enter a state of pain-free relaxation.

This soundtrack is ideal to use before bed or anytime you're ready for some truly soothing moments of calm and relaxation.

Included is an embedded Holosync program designed to relax you without putting you to sleep, producing effects similar to that of a power nap.

Simply sit back and listen with headphones or earbuds and follow the instructions.

4) Pure Pain Relief

Gamma Waves & Positive (but silent) Affirmations

Gamma waves are different from the brain waves associated with most forms of meditation. Specifically, they're higher - not lower - than your average wakeful state. But medical science is beginning to discover that these higher brain waves may hold immense potential for protecting the brain from the debilitating effects of aging, dementia, and perhaps even conditions like Alzheimer's.

Plus, gamma waves have been associated with a reduction of reported pain in those suffering with chronic pain problems.

Pure Pain Relief uses Holosync to produce two powerful "gamma spikes" in the brain over the course of 30 minutes. This special brain wave sequence has been known to produce feelings of peace, contentment, and well-being in listeners, and most importantly, reduce the intensity of perceived pain.

In addition, this powerful soundtrack includes a specially designed set of affirmations that replace the negative self talk that often accompanies chronic pain with affirming, healing, verbiage. These affirmations - not audible to your conscious mind but perceived on an unconscious level - are recorded in our proprietary recording method called Autofonix which dramatically improves their effectiveness.

Click [here](#) for a list of the affirmations included with **Pure Pain Relief**.

Listen once or twice per day, with stereo headphones or earbuds for optimal results.

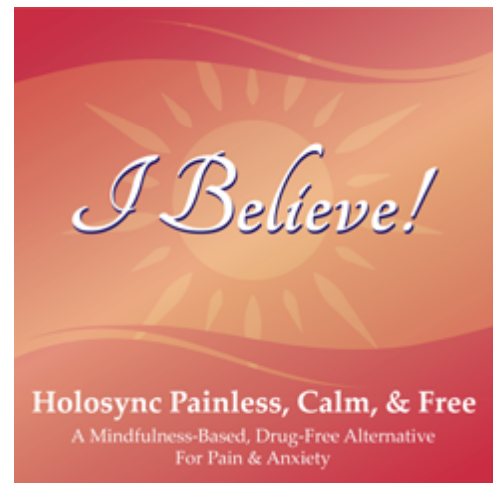
Your Painless, Calm, & Free Suite also comes with two specially-designed bonus soundtracks.

Let's take a look at them now...



5) I Believe!

When it comes to healing and growth, words are immensely powerful tools. How we use our language, especially how we talk to ourselves, can not only affect how we feel and what we think consciously, but can also impact our physiology. That includes how we manage our pain.



I Believe! is a unique active affirmation exercise you can learn that uses a specially-worded sequence of verbal declarations focused on pain relief, and alleviating worry and stress.

To use this soundtrack, find a quiet place where you can be free of distractions. We recommend using a mirror for this exercise, ideally one that allows you to stand up and see all of your body (but a smaller mirror is fine too, and you can do this exercise while seated if you prefer).

Simply put your earbuds or headphones on (to experience the effects of the Holosync embedded on the track), and follow the audible instructions.

In just 15 minutes, you'll find yourself feeling less pain and more peace!

To get the most benefit from this soundtrack we suggest listening three times per day.

Also included is a handy downloadable/printable card with the affirmations so you can practice your **I Believe!** affirmations anywhere! (See the Painless, Calm, & Free download page in your Member Portal area).

As with all Holosync soundtracks, be sure to listen with stereo headphones or earbuds.

6) Move With Ease

Chronic pain can make even the simplest of movements difficult and agonizing. This causes us to tense our muscles or resist moving our bodies and can result in loss of muscle mass, weakness, poor motor coordination, and can put us at risk for injuries and falls.

While our instinct may be to avoid moving when we're in pain, we know that in many cases pain can be relieved with gentle movements to increase our range of motion and keep our joints and muscles from becoming weak and atrophic. Most exercise routines are too strenuous for those suffering with chronic pain, and in some cases can make things worse.

That's why we created **Move With Ease**, an audio session with five simple (and very gentle) exercises you can do seated or standing up designed to increase mobility and flexibility without exacerbating your pain.

Included are exercises for neck, hip, and lower back pain, movements to increase flexibility in your knees and shoulders, and exercises to help improve balance and mobility.

Simply find a distraction-free environment, put on your headphones or earbuds, and follow along with the audible instructions.

You can listen to **Move With Ease** up to three times per day to help alleviate pain, relieve stiff, sore muscles, and reduce physical discomfort and tension.

Plus, we've included a handy downloadable/printable chart with all the **Move With Ease** exercises. (See the Painless, Calm, & Free download page in your Member Portal area).

As with all Holosync soundtracks, be sure to listen with stereo headphones or earbuds.

(Be sure to consult with your doctor or physical therapist before using Move With Ease or doing any sort of therapeutic movement exercises).



Some Things to Remember:

- Always use stereo headphones or earbuds with Holosync audio soundtracks. While the soundtracks 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. The soundtracks can be played on any media device or smartphone that supports the mp3 format.
- All tracks are offered in high bitrate 320kbps mp3 format to ensure superb audio quality and effectiveness.
- You can download any or all of the soundtracks to use on any smartphone, laptop, or other device that plays mp3 files.
- 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.
- 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 brain 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:

Q) “I hear a slight 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 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.*

Q) “Can I listen to these tracks repeatedly?/Can I listen to them all in a row?”

A) While some Holosync soundtracks can be listened to more than once a day, or all in a row, please refer to the individual instructions for each soundtrack for complete information.

Q) “Are my headphones or earbuds good enough?”

A) While some Holosync soundtracks do use carrier frequencies low enough to necessitate headphones with a wide frequency response range, this is not an issue with your *Painless, Calm, & Free* soundtracks. Any normal stereo headphones or earbuds will work.
(Note that better quality headphones and earbuds will make your listening experience more enjoyable. Centerpointe offers an excellent pair of over-the-ear headphones as well as in-ear earbuds. Visit www.centerpointe.com for details.

Q) “What if I don’t have time to listen to all these tracks?”

A) No problem. The *Painless, Calm, & Free* Suite is designed to work with your schedule. Whether you decide to use only one track for a while and then move on to another, or you opt to work all of them into your daily listening schedule, it’s entirely up to you.

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) Certainly. The *Painless, Calm, & Free* 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 *Painless, Calm, & Free* soundtracks. It's quick and easy. If you need any assistance, please reach out to our Support Team.

Q) “I need more help. Who can I talk to?”

- A) Our Support & Accelerated Results Coaching Team is here to help! (See below)

If you have other questions or comments, feel free to contact our **Accelerated Results Coaches**. 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 your Painless, Calm, & Free Suite experiences? We'd love to hear from you! Call or email today!

Disclaimer

The information and audio products provided here are not intended to diagnose, treat, or cure any medical or mental health condition. Please consult with your doctor before beginning any exercise routine and discontinue use of the soundtracks if you experience any discomfort. While all products offered are considered safe to use as instructed, all products are offered “as is” and Centerpointe Research Institute (CRI) assumes no responsibility for the misuse of the products or information contained therein, and such information is subject to change without notice. This product is not intended as a substitute for professional medical advice or treatment. CRI is not responsible nor liable for any advice, course of treatment, diagnosis or any other information, services or products obtained from CRI or its agents.