

# PASSAGES TO HEALING

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## Coping, Caring, and Growing Through Grief

Welcome to ***Passages to Healing***, a unique suite of meditation soundtracks and other tools to help you cope with the challenges associated with loss and grief.

Grief is one of the most challenging and difficult of all human experiences, and one nearly all of us will experience at least once in our lifetimes.

Grief is not a single emotion, but a multitude of feelings that can catch us off-guard and sometimes overpower us, haunt us, and rob us of peace and joy. Sadness, anger, confusion, despair, loneliness, numbness, and shock are only a few of the feelings that can come and go as we cope with grief.

While this is a natural process and one we need not fear, we can sometimes become so overwhelmed with grief, or resist the process of grieving so much, that we slow the process down and become stuck in our own sadness and misery.

While most grief will naturally dissipate on its own over time, there are ways to lessen the suffering associated with grief, and even learn from it. Yes, grief can be immensely painful. But for those who meet grief with awareness and courage, grief can be a catalyst for change in our lives. It can be an opportunity for healing. Times of grieving can also be times of great insight and learning. The “grief process” as it’s sometimes called, is a pathway that can lead us to and through some of the most difficult - but profound - moments of self-awareness and healing.

Grief comes in many forms, and is therefore experienced differently by different people, and at different times. Remember this as you use these materials. Certain soundtracks may prove more helpful than others depending on what you may be experiencing in any given moment. There is no “wrong” choice when it comes to which soundtrack to listen to, but do note that each soundtrack has a different purpose and focus.

We hope that this unique collection of materials brings you calmness, centeredness, healing, and peace. And as always, remember that we have a team of caring and supportive Accelerated Results Coaches standing by to help you along the way. They can be reached by calling **503-672-7117** (M-F 9am-4:30pm Pacific Time) or by emailing [support@centerpointe.com](mailto:support@centerpointe.com)

# PASSAGES TO HEALING

## Important Information & Usage Instructions

The soundtracks in ***Passages to Healing*** use the proprietary and powerful Holosync and Autofonix audio technologies and have been designed to help with the challenging and heavy feelings of grief and sadness we all experience in life. With a focus on healing and growth, the soundtracks from ***Passages to Healing*** can be used at any time, but are of special value for those dealing with any form of grief or loss.

Whether it's the death of a loved one or a dear pet, the breakup of a relationship or marriage, a job loss, health crisis, or any other experience that causes us to grieve, ***Passages to Healing*** can see you through those dark times and help you heal and recenter yourself so you can move forward in peace and regain your sense of joy.

***Passages to Healing*** includes three powerful and comforting soundtracks that use the revolutionary Holosync technology, plus a special fourth bonus soundtrack only available as part of this suite. Three of the tracks also include special affirmation scripts encoded with our proprietary Autofonix<sup>1</sup> technology designed to help you get the best possible benefits and effects from each listening session. And one of the tracks includes a beautiful and comforting audible guided meditation in place of the silent Autofonix affirmations.



### **Track #1:**

*Present & Centered - Acknowledging Loss*

### **Track #2:**

*A Peaceful Space - Self-Care in Difficult Times*

### **Track #3:**

*Healing the Pain - Mindfully Recovering From Loss*

### **Track #4 (BONUS):**

*The Path Forward - Learning How to Let Go and Move On*

Each track includes a soothing musical track and the option of a “nature-only” version in which the music is replaced with environmental sounds.



In addition, your ***Passages to Healing*** suite includes a beautifully designed digital printable journal as a tool for reflection and healing. The journal includes prompts based on the themes of each of the four soundtracks to help you through any part of the grief process. You can print out the pages and use them daily, or anytime you wish.

And as another resource to support your healing process, we’ve included the **Audible Healing Library** - a collection of narrated articles that you can listen to anytime. These supportive and insightful audible narrations cover a range of topics focused on helping you process feelings of grief, embrace healing, and move forward with a sense of hope and peace. They’re our gift to you as part of your purchase.

**Please thoroughly read the following descriptions and instructions below for each of the soundtracks in your *Passages to Healing* suite before listening.**

<sup>1</sup> Autophonix uses verbiage encoded at a high (15.5 KHz) modulated frequency making it essentially silent to the conscious mind but anchoring on an unconscious level over time.

# 1. PRESENT & CENTERED

## Acknowledging Loss



Healing grief begins with an acknowledgement and acceptance of the loss itself. Once we're able to calm our minds and spirits, and become present to the moment - including the difficult feelings and experiences that come with that moment - we can move to a place of healing and comfort.

**Present & Centered** is designed to help create that place and ease feelings of unrest and upset, and to impart a state of grounded mental and emotional safety and stability allowing us to be present to the moment.

**Present & Centered** brings your brainwaves to a focused and calm alpha state, and includes a special set of affirmations designed to connect you to "the now" and help you become calm and centered. While ideal for those grieving, **Present & Centered** can be used by anyone who wants to release common feelings of stress and daily tension.

This track is 20 minutes in length and targets the alpha brainwave pattern. It can be listened to anytime of day or night. For best results listen in a seated or reclining position. Always listen with headphones or earbuds. Unlike most other Holosync soundtracks, **Present & Centered** can be listened to while doing other things like reading or walking (when listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times).

You can listen to **Present & Centered** up to three times per day, daily, or more occasionally depending on your schedule.

A carefully chosen set of affirmations using our proprietary Autofonix encoding method is included.

[[Click here for a list of affirmations included in the \*\*Present & Centered\*\* soundtrack](#)]

## 2. A PEACEFUL SPACE

### Self-Care in Difficult Times



It's vitally important to take care of ourselves when dealing with the heaviness of grief and the sharpness of the feelings that can accompany it. Self-care means allowing ourselves space to feel what we feel, and to respond to the needs of our minds and bodies. It means being patient with ourselves and remembering that grief unfolds differently for different people and in different circumstances. And it sometimes means taking specific actions

to ensure that the needs of our bodies and minds are fulfilled.

Listening to this track is a great way to practice self care. It helps create a safe and peaceful space in your mind where feelings related to our grief - both consciously and unconsciously, can unfold and dissipate.

A **Peaceful Space** takes you on an aural journey - an audible guided meditation - to a soothing and healing place where you can reconnect with yourself and tune into thoughts and feelings in a safe and comfortable way. It's ideal to use daily or any time you feel the need for a peaceful mental health break and to help release feelings of tension, sadness, and stress.

This track is 20 minutes in duration and draws your brainwaves down into the theta state, a state of deep relaxation.

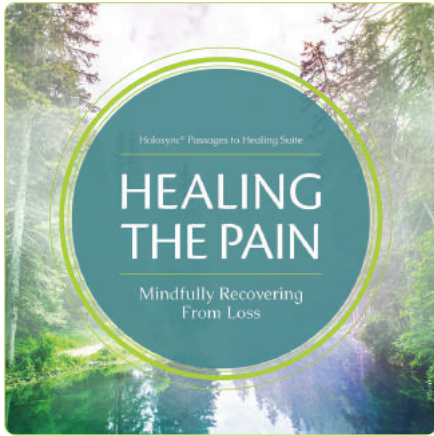
You can listen to **A Peaceful Space** anytime of the day or night. For best results, listen while in a seated or reclining position (not standing, walking, or in a sleeping position).

You can listen up to three times per day, daily, or more occasionally depending on your schedule.

[\[Click here for a transcript of the guided meditation included in the \*\*A Peaceful Space\*\* soundtrack\]](#)

# 3. HEALING THE PAIN

## Mindfully Recovering From Loss



Mindfulness is key to healing and processing grief. While the feelings of grief can be painful, grief can also help us to stop, slow down, and notice what we're feeling. Grief can bring with it an opportunity to become more mindful, and to learn to heal and grow even in the darkest of times. Through mindfulness, we can respond, rather than react, to what's happening around us. We can make choices about the thoughts and feelings we allow into our hearts and

minds. And we can create an outlook of peace, hope, and healing in directed and intentional ways.

**Healing the Pain** is designed to create a very deep state of mindful meditation for the listener. Targeting the deepest of the main brainwave patterns, delta, this track can sometimes elicit emotional releases in the listener.

**Healing the Pain** is 30 minutes in duration and can be listened to any time of day or night. For best results listen in a seated or reclining position. Note that it is common for some listeners to fall asleep while listening to this track.

You can listen to **Healing the Pain** up to three times daily, or more occasionally depending on your schedule. Consistent usage (once per day) yields the best results for those focused on healing and recovering from loss.

A carefully chosen set of affirmations using our proprietary Autofonix encoding method is included to help recover in the wake of even the most challenging of grieving experiences.

[[Click here for a list of affirmations included in the \*\*Healing the Pain\*\* soundtrack](#)]

# 4. THE PATH FORWARD

## Learning How to Let Go and Move On



Grief comes in many forms beyond losing a loved one or a dear pet. We can also grieve the loss of a job, places we've lived, periods of time, or the loss of a social circle or support system. Part of healing these forms of grief entails a healthy and conscious release of attachments to whatever it is we have lost, whether it's a job we enjoyed, a place we lived, or a connection to an experience or other type of relationship.

The passages to healing will eventually lead us to the need to release any lingering attachments. That doesn't mean we must forget our loss or pretend that what we've lost no longer matters. On the contrary, releasing our attachments frees us from the suffering of grief so that we can look back fondly, if we so choose, on those relationships, connections, and experiences in our lives that have helped us to become the person we are today.

**The Path Forward** is 30 minutes in length and uses the Holosync technology to produce a series of "Gamma spikes" which can not only improve mental clarity but also help us release attachments to old feelings that may no longer be resourceful for us. Gamma is a brainwave state associated with feelings of well-being, compassion, and joy.

You can listen to **The Path Forward** any time of day or night, but because this track can occasionally increase your energy and impart a sense of revitalization, we suggest listening during the morning or daytime hours. Note that some listeners report experiences of momentary happiness, which can occasionally result in emotional releases like crying or laughter.

This unique soundtrack includes affirmations recorded in our proprietary Autofonix technology designed to help you let go of old thoughts and feelings and replace them with thoughts to help you move forward, heal, and grow.

[\[Click here for a list of affirmations included in \*\*The Path Forward\*\* soundtrack\]](#)

# PASSAGES TO HEALING

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## Some Things to Remember

- Always use stereo headphones or earbuds. While the music or nature sounds can be enjoyed without the headphones, the Holosync and Autofonix neuroaudio technologies require 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. The soundtracks can be played on any media device or smartphone that supports the MP3 format. (Centerpointe offers affordable, high-quality studio monitor headphones and hi-resolution earbuds. Visit <https://www.centerpointe.com/collections/headphones/> for details or call **503-672-7117**)
- All tracks are offered in high bitrate 320kbps MP3 format to ensure superb audio quality and effectiveness.
- Never listen while driving or riding a bicycle.
- When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.
- Any track can be listened to more than once per day. We suggest limiting your use of the tracks to about three to four hours per day. Listening more often isn't dangerous, but can occasionally interfere with sleeping patterns or produce some mild mental fatigue.
- 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 to the listening session it needs to at the time.

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## 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 do detect the 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) “Why don’t I hear the Autofonix version of the affirmations?”

A) The affirmations are encoded using a form of audio encryption we call “Autofonix.” While some listeners occasionally detect faint verbiage, most of the time these affirmations will be “invisible” to your ears and are designed to bypass your conscious filters and anchor in your unconscious. Whether or not you detect any verbiage, the technology is still working.

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 **Passages to Healing** soundtracks. Any normal stereo headphones or earbuds will work.

Q) “Which track should I listen to first?/Is there a sequence?”

A) You can pick any track you wish to listen to first. There is no sequence that needs to be followed. You can focus on one track or listen to them all in the course of your day if you wish.

- Q) “How long should I listen to the tracks?”
- A) That’s entirely up to you. Listen to any or all tracks as needed. Consistent listening yields the best results, but find what works best with your schedule.
- Q) “What if I don’t have time to listen to all these tracks?”
- A) No problem. The Passages to Healing Suite is designed to work with your schedule. Whether you end up using only one track for awhile and then move on to another, or you opt to work all of them into your daily listening schedule, that’s entirely up to you.
- Q) “Will the soundtracks work better at a louder volume?”
- A) No. Listening at loud volume levels is not recommended, could damage your hearing, and will not improve the effects of the soundtracks. We recommend listening at a comfortably low volume.
- Q) “I’m also doing the Holosync Solution™ program. Can I do both?”
- A) Yes. The Passages to Healing tracks are completely compatible with your Holosync Solution tracks or any other Holosync products.

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. **503-672-7117**  
Or you can email [support@centerpointe.com](mailto:support@centerpointe.com).

## Present & Centered Affirmations

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- I am connected to this moment
- I am in touch with all that this moment offers me
- I am here, now
- I am aware of and in touch with all my feelings and thoughts
- I am whole and complete in every moment
- I am a part of a changing and unfolding universe
- I acknowledge my feelings in this moment
- I understand that change is natural
- I know that loss is a natural part of life
- I feel peaceful and calm inside
- I skillfully choose what to feel and think
- I welcome whatever this moment teaches me
- I am open to all of the changes life brings
- I am fully present
- I am prepared for this moment
- I feel centered and at ease
- I breathe in stillness and breathe out calmness
- I am in touch with my body
- I give my body all that it needs to function optimally
- I am centered, grounded and stable
- I make conscious and intentional choices

- I accept what happens and always strive to move forward in a positive direction
- I am bathed in feelings of calm centeredness
- I am safe in this moment and every moment
- I have the energy and focus I need to attend to whatever requires my attention
- I am the center of peace and serenity
- I am connected to a powerful sense of peace
- I gracefully access my center through deep and steady breaths
- I give myself permission to feel any and all feelings
- I decide what thoughts and feelings I focus my attention on
- I am able to be here now
- I know that the universe is unfolding as it should

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# A Peaceful Space Guided Meditation

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You are sitting comfortably in the center of a generous lotus flower, floating on a crystal clear pond in a beautiful garden. It is the perfect temperature here. A light breeze caresses your cheek and shoulders.

You are physically comfortable here, you have no aches or pains. No experience of weakness or strain. You are relaxed in your posture and you are breathing easily - more easily than you can ever remember breathing. Long, slow and silky breaths, in and out, without tension or exertion.

Your eyes are clear, free of fatigue or any irritation. The muscles of your jaw, face and forehead are relaxed. You are deeply comfortable in your garden.

Your mind is clear. Your heart is open. You are safe. In this garden, serene and gently alive, you are unguarded. This place will listen and will not judge you. This is a space of unlimited support and compassion.

You are free to laugh, cry, shout with great anger, to be present with this deep sense of loss, and to express gratitude for gifts so profound. In your garden, You are your authentic self.

In your garden you are safe to open all aspects of yourself; those that are shy, masked, or hidden and those that are forthright, radiant and secure. In your garden, You are your whole self.

You experience infinite wholeness and deep comfort in your garden.

In your garden resides a golden light that pours over you when requested and sometimes unbidden, when you are not aware

you need it - but, you do. This light comes from the Highest Source. It appears as a radiant column beaming down from the sky and shining into the crown of your head. The light shines down through you, down through your core all the way into the bowl of your pelvis. There, it pools warm and nourishing, like honey. It is bright and alive.

There is healing and power in this light, an infinitely renewable life force. You feel its energy spread down your torso, filling your chest and out into your limbs as it brings clarity and calm to your mind. When you are saturated in this light, you experience bliss.

As your time with this light draws to a close, the column of golden light begins to fade, yet precious seeds of light remain in your abdomen, powering your existence with strength and calm. Even when you are outside your garden, this golden light is within you.

Request that golden light shine down upon you now.

In your garden, there are spirit friends who may appear before you. A curious deer, a turtle sunning on a rock, a dragonfly darting among the reeds, a wise koi following unseen paths in the pond's crystal waters. Their tender messages of comfort fill your mind when they are near; they let you know that you are loved and supported.

With gratitude, welcome your spirit friends to your garden now. There is a gentle rain in your garden. A rain that you can invite to fall on and around you. A rain that makes your skin tingle and your heart soar. An invigorating rain that clears your mind. It soothes your skin, brings focus to your thoughts, and resolve in your heart. Any heaviness or darkness that is ready to be released is gently, lovingly washed away.

You feel grateful for the rain in your garden.  
You are ready to receive the rain in your garden now.

There is a gentle breeze in your garden. A breeze of warmth and comfort. A breeze that sings sweet songs as it moves through the trees and plants of this place. Sometimes it whispers gentle comfort in your ears.

The breeze can also whisper of gentle sleep - a sleep undisturbed by worry or care. You call on your breeze for comfort and calm, or for rest and the embrace of deep, restorative sleep.

You are grateful for the breeze in your garden.  
You are ready to feel the breeze in your garden now.

In your garden, you can call on the Palace of your Heart. A palace where you can invite anyone to join you. Heaven's residents, ancestors, friends and lost ones. You can invite those who can help and support you. Wise ones that can guide you, ancient ones whose compassion is deep, vast and everlasting.

The Palace of your Heart is where you can give and receive profound love. It is a gathering place of friends and allies where burdens can be shared, if even for just a little while.

You are grateful for the palace of your heart.  
You open the gates to the palace of your heart and invite those special beings to meet you there now.

As you sense the nearing end of your time here you are feeling grateful for all the support, positive messages, and true compassion you have received during your garden meditation. You feel comforted to have visited and even more comfort in knowing that you can return at any time.

As you walk through your day, you can draw upon your experiences within the garden. You are within your garden, and your garden is within you.

There is now a lightness in your body, and your heart is open. You are empowered and feeling ready to return to daily life.

As you return, you breathe in calm and comfort, and exhale gratitude, compassion, courage and strength.

Inhale -- exhale.  
Slow, deep, silky breaths.  
And again, inhale -- exhale.

The rhythm of your breathing carries you back from your garden.  
Inhale - exhale.  
Inhale - exhale.

In comfort and strength, you have returned.

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# Healing the Pain Affirmations

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- It's okay to feel sad
- It's okay to feel angry
- It's okay to feel confused
- It's okay to feel pain
- I acknowledge all of my feelings and thoughts
- I allow my feelings to unfold and change
- I experience peace and hope while I grieve
- Healing is a process and a journey I am prepared for
- I am patient with myself and with others
- I choose to use all challenges to help me change and grow
- Every day, I celebrate life and all that it offers
- With every breath I embrace healing and happiness
- I am strong
- I am safe
- I face any feeling or thought with confidence
- I have many healing ways to comfort myself when I am sad
- I take care of my body and tend to its needs
- I focus on thoughts of healing, peace, and safety
- I focus on what helps me heal and grow
- I am optimistic for the future
- Each day brings more light and healing into my life

- I walk gracefully along the path to healing
- I am whole, happy, and at peace
- I have hope for the future
- I welcome happy memories from my past
- I choose to be at peace in all situations
- I am patient with myself as I heal and change
- I use the energy of my feelings to heal
- I ask for help when I need help
- I am grateful for this experience and all that it offers
- I gracefully adapt to change
- I use patience and care to heal my wounds
- I support and love others as I have been supported and loved
- I make room for laughter and joy as I heal

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## The Path Forward Affirmations

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- I choose to walk the path forward
- I am well prepared for what lies ahead
- I can handle anything that the future brings
- I release attachments that no longer serve me
- I am at peace
- I am safe
- I am grateful for my past
- I let go of unhealthy attachments to the past
- I live in the now
- I am healthy, whole and ready for what's next
- I choose to move forward, in all that I do, say and think
- I focus on memories that serve my highest good
- With each breath, I release tension and inhale peace
- I honor valuable lessons from my past
- Everything unfolds as it should
- Each new moment brings opportunities for growth
- I am safe and at peace
- I trust this process
- I am optimistic about today and tomorrow
- I am happier and healthier, day by day
- I let go of the past
- I am present in this process

- I am happy, free and complete
- I choose the path of hope and healing
- I heal and move forward at my own pace
- My future overflows with exciting opportunities
- I surround myself with positive energy
- I am open to new experiences
- I easily release what no longer serves me
- I am focused on the now

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## **Disclaimer:**

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