
PATHWAYS TO PURPOSE

Information & Instructions

Welcome to ***Pathways to Purpose!***

Please read the following instructions and information before using your ***Pathways to Purpose*** materials.

Pathways to Purpose includes two unique and powerful Holosync soundtracks, plus **The Five Manifestation Essentials Accelerated Results Course** presented by actor and director Dar Dixon.

The **Five Manifestation Essentials** will teach you five simple but powerful rules that govern success in all areas of your life. Whether you're looking for a more rewarding career, starting up a new business, creating a new invention, writing a book, or simply wanting to enjoy more success and fulfillment in your life, the **Five Manifestation Essentials** are the keys to making it happen.

A handsome downloadable journal/workbook is included that you can print out and use for note taking, completing course assignments, and keeping track of your progress.

You can earn Center Pointes for completing the easy assignments and quizzes in the course. Center Pointes give you discounts you can apply toward other great digital products and programs!

The Holosync soundtracks can be used independently of the course, but they are specifically designed to enhance the benefits of **The Five Manifestation Essentials Accelerated Results Course**. Each track includes a special set of affirmations recorded by Dar Dixon and encoded using Centerpointe's proprietary **Autofonix** audio technology.

As an added bonus, you also get a special one-on-one interview with Dar Dixon and Centerpointe's Product Designer, Marc Gilson in which Dar shares insights from his remarkable life journey and explores some of the **Five Manifestation Essentials** in more detail.



You also have exclusive access to our Accelerated Results Coaching Team for support and guidance along the way!

Upon completion of the course, we welcome you to contact one of our Accelerated Results Coaches for a Graduation Call. We'll invite you to share your impressions and experience with the course, apply any earned Center Pointes to your account, and we'll arrange for a personalized certificate of completion to be mailed to you, suitable for framing.

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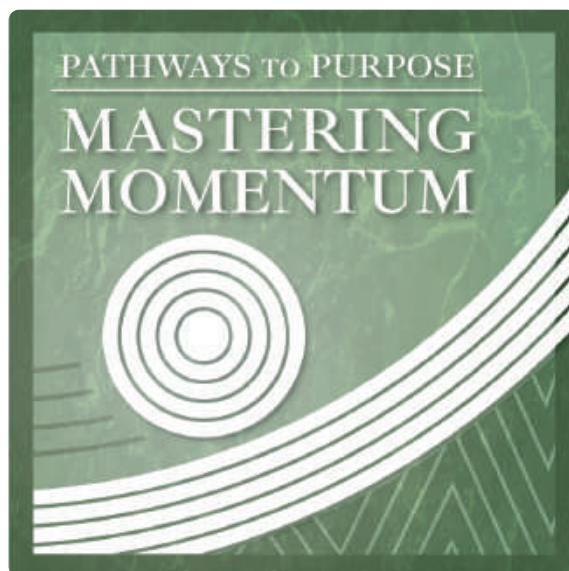
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Let's take a look at the Holosync soundtracks that accompany your course materials.

1) Mastering Momentum

Soundtrack 1 is called **Mastering Momentum** and is focused on helping you envision success and tap into the creative powers of your unconscious mind. Momentum comes from developing a deep and determined focus on what you want and eliminating old beliefs and attitudes that have been limiting your success and happiness.



Your unconscious mind harbors vast resources of motivation and creativity. But because we spend so much of our mental energy each day on “just getting by,” we rarely glimpse the creative powerhouse within our very minds. This soundtrack is specially designed to help nurture the clear vision, courage, and determination needed to transform your visions for success into reality.

This soundtrack uses a powerful form of the Holosync neuro audio technology to draw your brainwaves down to a deep theta state - the source of our most creative ideas and solutions. Listening daily will generate incredible momentum and insights to both prepare and propel you forward.

Mastering Momentum also includes a powerful affirmation script recorded by Dar Dixon and encoded using Centerpointe's proprietary Autofonix recording method.

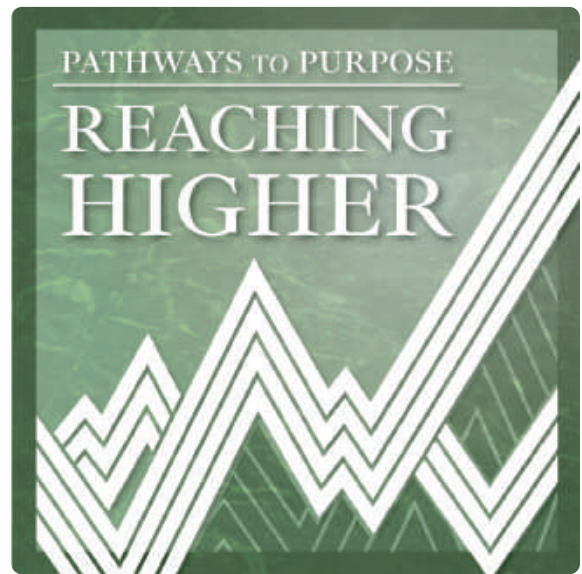
This soundtrack can be used once or twice per day, with eyes closed, in a seated or reclining position, with stereo headphones or earbuds. Best used in a distraction-free environment.

[\[Click here for a list of affirmations used on Mastering Momentum recorded by Dar Dixon\]](#)

2) Reaching Higher

Soundtrack 2 is called **Reaching Higher** and is all about helping you develop a plan and take the actions necessary to achieve anything you desire.

There is a wellspring of ideas inside of you. But ideas without action are only dreams. What's standing between you and your dreams is a series of steps that will lead you to success. Once you identify the steps — and create an action plan for achieving them — you'll take your visions for success to incredible new heights. With **Reaching Higher** you'll be up off the sofa and engaged in the exciting adventure ahead.



Reaching Higher uses the Holosync neuro audio technology to energize your mind and hone your focus. It's like recharging your internal batteries and giving yourself the mental and emotional fuel necessary to take on any challenge and not just survive, but thrive. This unique soundtrack helps you tap into your brain's untapped potential to focus and think positively. It includes a slight "upramp" at the end to leave you feeling energized and ready to take on your day!

Reaching Higher also includes a powerful affirmation script recorded by Dar Dixon and encoded using Centerpointe's proprietary Autofonix recording method.

You can listen to **Reaching Higher** anytime of the day but because of its energizing effects, listening earlier in the morning or daytime may be better for some listeners rather than before bed. Listen in any position, with eyes open or closed, with stereo headphones. You can listen two to three times per day.

Reaching Higher is available to use now, but we encourage you to use the **Mastering Momentum** soundtrack daily during your course and then switch to **Reaching Higher** after you've completed all the course materials.

[\[Click here for a list of affirmations used on **Reaching Higher** recorded by Dar Dixon\]](#)

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Some Things to Remember

- Always use stereo headphones or earbuds. While the music can be enjoyed without them, the Holosync and Autofonix neuro audio 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 headphones or earbuds will work. (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**)
- The soundtracks can be played on any media device, computer, or smartphone that supports the MP3 format.
- All soundtracks are offered in high bitrate 320kbps MP3 format to ensure superb audio quality and effectiveness.
- Never listen to Holosync while driving or engaging in any activity where you need to be aware of your surroundings.
- Any soundtrack can be listened to more than once per day but we suggest limiting your use of the soundtracks 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 due to the potency of the audio stimulus.
- 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 **Pathways to Purpose** soundtracks. Any normal stereo headphones or earbuds will work.

- Q) “Which soundtrack should I listen to first?/
Is there a sequence?”
- A) You can listen to the tracks in any sequence at any time. However we suggest listening to **Mastering Momentum** once per day while you’re doing the **Five Manifestation Essentials**, and then adding or switching to listening to **Reaching Higher** daily.
- 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) Certainly. The **Pathways to Purpose** soundtracks are completely compatible with your Holosync Solution tracks or any other Holosync products.
- Q) “What if I only want to use The Five Manifestation
Essentials Course and not the accompanying
Holosync tracks?”
- A) That’s fine. Although you’ll get better results when using Holosync while going through the course materials.

Q) “Can I go through the entire course all at once?”

A) Yes, but we strongly recommend taking your time, ideally doing one lesson per week. Course content is absorbed better when you allow your brain time to process the information and find ways of applying it rather than speeding through the content. If you do choose to go through the course content quickly, we suggest repeating the lessons again later, at least once more.

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.

Mastering Momentum Affirmations

- I am a powerhouse of ideas
- I am brimming with creativity
- I am filled with confidence
- I use short-term goals to build momentum
- I have a clear understanding of my desired outcome
- I am excited for the challenges ahead
- I am committed to my vision
- I keep the promises I make to myself and others
- I know I can achieve any desired outcome
- I see opportunities everywhere
- I keep my body and brain healthy and energetic
- Every step I take leads me closer to my desired outcome
- I wake each morning with energy and enthusiasm
- I eat right, get enough sleep, and exercise to keep myself healthy
- I read and absorb information to help me along my pathway to success
- I am true to my values and beliefs
- I attract the people and resources I need to succeed
- I have unlimited reserves of energy and power
- I know when to work hard and when to take a break
- I have everything I need to succeed
- Each day leads me closer to my desired outcome
- I choose positive self-talk that moves me forward

Mastering Momentum Affirmations (cont.)

- All circumstances can help me grow and move forward
- I am teachable and hungry to learn
- I take responsibility for my actions and thoughts
- I am a magnet for success
- I trust in myself and in the universe to help me succeed
- I am worthy of success
- I am at peace with what was, what is, and what will be
- I celebrate and enjoy success

[\[Back to **Mastering Momentum** Instructions\]](#)

Reaching Higher Affirmations

- I know how to plan ahead
- I am flexible in my thinking and adapt easily to change
- I make clear and concise plans of action
- I manage risks effectively
- I anticipate what is needed to achieve my desired outcomes
- I see every new challenge as an opportunity
- I have a strong sense of purpose and direction in my life
- I fuel my goals and outcomes with decisive action
- I accept responsibility for my actions
- I know how to get things done
- Completing tasks is important to me
- I am the designer and creator of my success
- My power to succeed is unlimited
- My intentions are clear and well-defined
- I am determined and persistent
- I know when and how to act in order to succeed
- Success flows to me in streams and rivers of abundance
- I know when to work hard and when to rest
- I set aside the time necessary to move toward my desired outcome
- I have a vivid picture of the desired outcome in my mind
- My mind is focused and razor sharp
- My body is healthy and strong

Reaching Higher Affirmations (cont.)

- I measure my daily goals and achievements
- I keep track of my progress
- I am always ready to improve
- My attitude is in line with my desired outcomes
- I am happy and grateful for my life
- I am blessed with many wonderful things
- I value my relationships with others
- My life is rewarding, rich, and beautiful

[\[Back to **Reaching Higher** Instructions\]](#)

The Five Manifestation Essentials Accelerated Results Course

Instructions & Reminders

Your ***Pathways to Purpose*** package includes **The Five Manifestation Essentials Accelerated Results Course** presented by Dar Dixon. This consists of short video lessons and assignments you can do at your convenience.

- Accelerated Results Courses are designed to offer a lot of information in a short amount of time. Each lesson is under 30 minutes in length. We suggest watching each video more than once to make sure you learn and retain the course content.
- You can watch all the lesson videos in a single day if you wish, but we suggest spreading the videos out to give yourself time to really digest the information and complete your assignments. Rushing too quickly will reduce the benefits of the course.
- All course content will remain available to you within your Centerpointe member portal account.
- Be sure to take notes as you listen. Writing things down will help you remember and retain more information. Feel free to pause the videos anytime to make notes.
- We've made note taking even easier by including a downloadable and printable **Pathways to Purpose Workbook**. You can use it for your notes, and also to complete various assignments.
- Most lessons include a fun quiz and a simple assignment. You don't have to do the quizzes or assignments but you'll get more out of the course if you do!

- You can earn Center Pointes for completing quizzes and assignments. Center Pointes provide you with discounts on other great Centerpointe products and programs, including packages from the Holosync Solution Program. These discounts are available upon the completion of the course.
- Accelerated Results Coaches will be available to assist you with any questions during Office Hours. Please email support@centerpointe.com to arrange a time to speak with a coach.
- When you finish the course, you'll have the opportunity to schedule a Graduation Call with one of our Accelerated Results Coaches to recap what you've learned and make sure all your questions are answered. We'll apply any earned Center Pointes to your account which provides you with discounts on other digital products and programs. And you'll also be able to request a certificate of completion, customized with your name and suitable for framing!

About the Accelerated Results Coaching

If you're in Centerpointe's Holosync Solution Program you already know the value of our Accelerated Results Coaching service. And now, ***Pathways to Purpose*** purchasers also have access to this unique personalized service.

Accelerated Results Coaches are trained to assist you with any aspect of your use of ***Pathways to Purpose***, including professional coaching services, technical support, encouragement, and guidance.

You can reach our Accelerated Results Coaching team by calling **503-672-7117** Mon-Fri, 9am-4:30pm Pacific Time, or by emailing support@centerpointe.com.

About Dar Dixon

Dar Dixon was born in Tehran, Iran in 1962 to an American mother and an Iranian father. After his family barely escaped to the US at the height of the Iranian Revolution, Dar's life took many interesting, and sometimes dangerous turns, including involvement in a cult. A resourceful and resilient guy, Dar managed to escape the cult and continued to seek a life of "Deep Success" and purpose.

Dar met Centerpointe founder Bill Harris and began using Holosync in 2001 and says that Centerpointe's products and programs were "instrumental in helping me survive, grow, and succeed. I wouldn't be who I am today without Centerpointe."



Dar managed to build a highly successful career in Hollywood as a television actor, writer, and director. He can be seen in TV shows like *Grey's Anatomy*, *Days of Our Lives*, *NCIS Los Angeles*, *Scandal*, *This Is Us*, *Silicon Valley*, *CSI Miami*, *Supergirl*, and many others.

Dar recently joined Centerpointe's panel of experts in the area of resiliency and success. He has a passion for sharing his experience and wisdom with others in a down-to-earth and accessible way while continuing to work on projects of social reform and personal development.

He lives in Los Angeles with his wife, actress, author, and civil rights activist, Donzaleigh Abernathy.

For more on Dar, visit his website at: <https://dardixon.com/> or check out his podcast here: <https://pod.co/the-art-of-being-dar>

Disclaimer:

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