

Resonant Repose

Info & Instructions

Welcome to Resonant Repose, a unique audio meditation experience that uses Earth's natural vibratory frequencies to reduce anxiety and bring you into a state of pure calm, clarity and peace!

All things in the universe vibrate. In fact, physicists say that this vibration accounts for what we experience as matter. But not just physical things like trees and coffee cups, but sound and light as well.

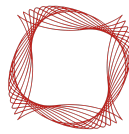
Even the Earth itself has a resonating frequency. It's called the Schumann Resonance and is generally measured at 7.83 Hz. This frequency is generated by global electromagnetic resonances produced in part by lightning and charged particles in the Earth's ionosphere.

While research continues as to the possible benefits of the Schumann Resonance, many proponents believe that this frequency may be the sound-based key to better health and well-being. It has been linked to improved cognitive functions, reduced stress and anxiety, enhanced immune response, better sleep, and improved brain plasticity.

And this idea is not new!

In many ancient and traditional forms of medicine, great emphasis is placed on treating the human being as a vibrating system. For example, some Japanese healing systems compare the human body to a stringed instrument, such as the traditional Koto.

For the Koto to play properly, the strings must be tuned precisely. If the strings are too loose, only dissonant noise is created. If the strings are too tight, they could snap. Likewise, our bodies must be attuned to certain frequencies for good health, not too loose or tight. And many find the Schumann Resonance to be a



particularly powerful resonating frequency that creates health, stamina, and clarity.

The Holosync neuro-audio technology is able to not only reproduce the Schumann Resonance, but to actually entrain human brainwave patterns to match and fall into “lockstep” with it, producing a standing waveform in the brainstem that corresponds to the Schumann frequency.

This produces a profound sense of centeredness and calm in listeners, and makes it ideal to help you overcome feelings of anxiety and discomfort.

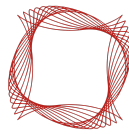
Resonant Repose was designed to help release those adverse feelings associated with anxiety and replace them with a sense of groundedness and deep connection to the Earth itself.

This unique soundtrack also uses Centerpointe’s proprietary Lateral Carrier Boost to increase synchronous neuroelectrical activity between the two cerebral hemispheres. This improves brain coherence and connectivity, and provides more “whole brain thinking.”

Usage Instructions:

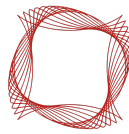
Simply sit back, listen, and relax as Resonant Repose draws your brain waves down to a soothing theta frequency, precisely matching the 7.83 Schumann Resonance.

- 20 minutes
- Listen up to three times per day
- Listen anytime, but mornings are recommended
- Listen with stereo earbuds or headphones
- Listen with eyes closed in a sitting or reclining position
- Targets the 7.83 Schumann Resonance (high theta)
- 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.
- 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”

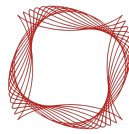
A) That’s okay. What you’re hearing is Holosync. While you don’t need to hear it for it to be effective, some listeners will detect the audible presence of Holosync from time to time. Whether or not you hear it depends on many factors (your audio equipment, your natural hearing sensitivity, what soundtrack 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) “Can children listen to this soundtrack?”

A) Due to the potency of some soundtracks, we don’t recommend that children younger than 13 years of age listen to Resonant Repose 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 Resonant Repose soundtrack? We'd love to hear from you! Call or email today!