

Radiant Resilience

Instructions & Information

(15-Minute Version)

Resilience is, perhaps, the most important life skill. Being able to weather life's storms and be strong in the face of adversity means that you have what it takes to survive and thrive, no matter what. But traumatic experiences can lower our resilience - our threshold for handling stress. Science has shown that one of the simplest ways to improve resilience is through mindfulness practices.

With Radiant Resilience, you have a powerful and easy way to cultivate a mindset of resilience and inner strength. This soundtrack targets the theta brainwave state, a state of mental and emotional rejuvenation and empowerment.

Radiant Resilience includes affirmations recorded in our proprietary Autofonix silent encoding method to help you strengthen your stress threshold and experience more mental and emotional clarity and resilience.

You've unlocked the 15-minute "Quick Session" version of this track. For the full 30-minute "Deep Session" version, please upgrade to the full suite.

As with all Holosync soundtracks:

- Listen once or twice per day
- Listen with stereo headphones or earbuds
- Listen while seated (recommended) or reclining
- Listen in a distraction-free environment
- Listen at a comfortably low volume level (louder is not better)
- Never listen while driving or during activities that require your full attention
- Remember that not all listening sessions will feel the same. Holosync works regardless of your subjective experiences during any one session.

(Radiant Resilience is part of a suite of Holosync soundtracks and one-on-one coaching that helps you heal and grow from trauma. For more information on how to get the complete Holosync Total Trauma Relief Suite and all that it includes, be sure to visit <https://www.centerpointe.com/total-trauma-relief-global-energy-healing-summit>)

Some Things to Remember About Holosync Listening Sessions:

- 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 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.
- 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, 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 nervous system 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!

If you have any 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

Disclaimer:

All information, instructions, audio, or other media included with this product is intended for therapeutic support and educational purposes only.

This product is not offered as a substitute for professional medical or mental health care. The content and information provided with this program is not intended to diagnose, treat, or cure any physical or mental condition or illness. Centerpointe makes no guarantee regarding any specific experience of the user.

Customers understand and agree to use the program content presented as is, and to hold harmless the provider of this program material - Centerpointe Research Institute - in the unlikely event of injury or discomfort as a result of its use.

Anyone with mental or emotional health challenges is advised to seek out professional support and treatment, and to use this product solely as an adjunct or therapeutic support to conventional forms of treatment. While Holosync is considered safe, we recommend that you consult with your doctor or therapist before using it if you are dealing with a serious emotional or mental health condition.

Track Affirmations - Radiant Resilience

- I am strong
- I am centered
- I am grounded
- I am resilient
- I focus on what I can control
- I make positive changes in my life
- I cherish connections with people I trust
- I release fear and accept love
- I am in control of my thoughts and feelings
- I don't have to be perfect
- I deserve to heal and feel better
- I deserve to be loved and treated well
- I am a good person
- I am enough
- I am in a safe place
- I can decide what makes me happy
- I am exactly where I am meant to be
- I am filled with healing light
- I am filled with hope and optimism
- I can handle anything
- I deserve the best in life
- I take actions that lead to healing
- I think happy and positive thoughts
- I treat my body and mind with love and care
- I am compassionate toward others and myself