



Resonant Rhythms Info & Instructions

“If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.”
- Nikola Tesla

“Everything in life is vibration.”
- Albert Einstein

Welcome to Resonant Rhythms, a unique and powerful
Holosync soundtrack based on the resonant
frequencies of the Earth itself!

*Be sure to read the information and instructions below
before listening to Resonant Rhythms.*

You Are Vibrating!

From the day you were born, you were bathed in vibration. From the tone of your mother's and father's voices to even your own heartbeat and brain - you give and receive vibrations at various frequencies.

But it's not just living things that vibrate. All that we see and hear - all color and sound, music, the chair you're sitting in, the stones in your driveway - speak to us in the language of vibration.

Physicists say that the very existence of - well - *everything*, is defined by motion & vibration. If all the atoms in the universe suddenly stopped vibrating, the universe would simply cease to exist; without vibration, everything would vanish.

The Law of Vibration states that everything that exists in our universe can be broken down to its most basic form of pure energy which resonates and exists as a vibratory frequency.

And String Theory postulates that the fundamental building blocks of the universe are incredibly small vibrating "strings" that exist on a quantum level. These strings vibrate at different frequencies and give rise to the particles and forces that make up everything in the universe.

In a sense, we are creatures made of countless fields of resonating frequencies living in an endless sea of eternal vibration.

The Resonant Frequency of the Earth

Even the Earth itself emanates a set of frequencies, called Schumann Resonances, which are a set of electromagnetic frequencies that resonate in the Earth's atmosphere. These resonances are created by the interaction of lightning discharges within the space between Earth's surface and its ionosphere. The Schumann Resonance is the vibratory rate of our planet; Earth's own heartbeat.

Most of the Schumann frequencies exist in the extremely low frequency range (ELF), the fundamental frequency oscillating at 7.83 Hz.

Ever since their discovery in 1952, interest in the role and potential of Schumann frequencies has been intense. More recently, research in how Schumann frequencies affect human beings suggests that these frequencies may indeed play an important role in everything from our sleep cycles, our heart rate variability, and even the clarity of our thoughts.

While more research is needed to fully understand just what and how these natural frequencies work, studies show very promising results so far, including:

Stress reduction:

7.83 Hz is not only the Earth's resonant frequency, it also happens to fall into the theta brain wave range (between 4 and 8 Hz). Theta brain waves are associated with states of creative inspiration, consolidation of memories, deep relaxation, enhanced focus, and emotional healing. Some also believe high theta patterns (like 7.83 Hz) are channels to spiritual wisdom and enlightenment.

Circadian Rhythm Synchronization:

Vibrations are really simply rhythm patterns, and not only are we made up of vibratory activity, our sleep, digestion, neurochemistry and many other physiological processes operate according to various circadian and ultradian rhythms as well.

Some research suggests that the Schumann Resonance can help balance these rhythms, which are often thrown out of sync by our busy and stressful lives.

Sleep Improvement:

One of the most crucial of all cycles to our health and well being are sleep cycles. Those with chronic insomnia or other sleeping problems often show a disrupted or “broken” sleep cycle, with a marked lack of theta activity. By listening to Schumann frequencies, some believe it’s possible to correct these broken sleep rhythms and reinstate a normal, healthy, and rejuvenating sleep experience.

Mood Enhancement:

Perhaps the most noted effect of working with Schumann Resonances is that it simply makes you feel good. Scientists point out that when we spend time in nature we’re exposed to more of this natural Earth resonance and often experience a boost to our mood and attitude.

Welcome to Resonant Rhythms!

At Centerpointe, we have been fascinated by the potential benefits of Schumann Resonances. And now, for the very first time, we've created a powerful listening session that allows you to experience the remarkable effects of Schumann frequencies in the comfort of your own home.

We've designed a uniquely powerful Schumann-based soundtrack, powered by Holosync and using our newly developed Lateral Carrier Boost technology, so you can synchronize your brainwaves to match the resonant frequency of the Earth itself.

Within moments, you'll experience a sense of harmony, connectedness, and clarity where the worries of the day melt away, leaving you feeling rejuvenated, centered, and peaceful.

With consistent use, you can also see improvements in sleep, memory, and stress reduction.

Resonant Rhythms targets the Schumann Resonance of 7.83 Hz with a base carrier of 432 Hz to naturally harmonize with the target state. Included is Centerpointe's proprietary Lateral Carrier Boost technology to increase the synchronous neuro-electrical activity between the two cerebral hemispheres, dramatically improving focus and "whole brain thinking."

A beautiful musical track is combined with the sound of gentle rain and distant thunder, connecting us to the very origins of the unique Schumann frequencies - the electromagnetic activity of lightning in Earth's atmosphere.

With Resonant Rhythms, you can connect to the heartbeat of our home, Earth itself!

Listening Instructions

Resonant Rhythms is 20 minutes in length and can be listened to once or twice a day. Listening early in the day is recommended.

For optimal benefit:

- Listen with stereo headphones or earbuds
- Listen while seated or reclining
- Listen with eyes closed
- Listen in a distraction-free environment

Resonant Rhythms includes:

- A powerful Holosync session targeting the base Schumann Frequency of 7.83 Hz.
- A carrier tone of 432 Hz to improve mental clarity and focus
- Lateral Carrier Boost to increase synchronous neuro-electrical activity in the brain.
- A slight “upramp” at the end of the track to leave you feeling refreshed and energized.
- A soothing musical track augmented with the natural sounds of gentle rainfall and distant thunder.