

# Seeds of Hope

Information & Instructions

Your **Seeds of Hope** collection includes five soundtracks (plus a sixth bonus soundtrack) selected from five of Centerpointe's most popular suites. We've also included a set of Inspiration Cards from our **Embracing Love Suite**, and an illustrative infographic to help you focus on a healthy and positive outlook even in the toughest of times.

These soundtracks cover a broad range of topics and can be used anytime of day (and should always be listened to with stereo headphones or earbuds). You can choose one or more of the tracks to focus on, or listen to them in any sequence you wish. Be sure to read the instructions and tips below to get the most out of your listening sessions.

- **Grace - Transforming Worry**  
From the ***Wu Xing Power*** Suite
- **Journey to Compassion**  
From the ***Journey to Self*** Suite
- **Priceless Connections**  
From the ***Embracing Love*** Suite
- **Abundance Builder**  
From the ***Ultra Success & Wealth*** Suite
- **Positive Mind**  
From the ***Total Health & Fitness*** Suite
- **Beside the Gentle Brook (BONUS)**  
From the ***The Magical Wooded Path*** Suite
- **Embracing Love Inspiration Cards (BONUS)**  
From the ***Embracing Love*** Suite
- **What Do I Bring to the World? (Infographic)**





## Grace - Transforming Worry

From the *Wu Xing Power Suite*

Wu Xing is the Chinese Five Elements theory of balance and healing. For every negative emotion there is a corresponding positive emotion.

**Grace** is associated with the Earth element and is designed to help move you from worry, anxiousness, and unease to a state of grace, safety, and gratitude.

This track is 20 minutes in length. It begins in low beta and draws brain wave patterns upwards to the gamma brainwave state - a state associated with compassion, well-being, and gratitude - before descending back into the beta state.

Everyone is different when it comes to their reactions. But most users of **Grace - Transforming Worry** will experience an energetic state of mind while listening, followed by a period of connection and centeredness, with a focused and content feeling.

You can listen to this track by itself any time of the day or night.

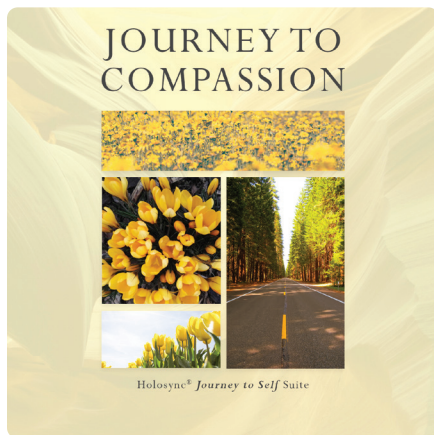


You can enhance the effect of your meditation by visualizing your body glowing with a bright golden light. In addition, you can hold your left thumb in your right hand to further activate and balance your Earth element.

As with all Holosync soundtracks, stereo headphones or earbuds are required for optimal benefit. **Never listen while driving or operating machinery.**

Included are affirmations recorded in our proprietary Autofonix encoding method designed to accelerate and enhance this transformational process. (Note that these affirmations are generally not audibly perceived by most listeners).

[\[Click here for a list of affirmations used with \*\*Grace - Transforming Worry\*\*\]](#)



## Journey to Compassion

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### From the *Journey to Self Suite*

For several years, Centerpointe has offered the popular Gamma Compassion soundtrack, which is based on remarkable research about the role of high frequency gamma brainwaves in compassion based “loving-kindness”

meditation practices such as the Metta Bhavana. The research demonstrates a link between gamma brainwaves and powerful feelings of oneness and compassion during meditation.

The Centerpointe audio labs have created a new gamma-based soundtrack with a unique gamma entrainment session, new musical overlay, and a script recorded using our Autofonix encoding method based on a traditional compassion-based meditation.

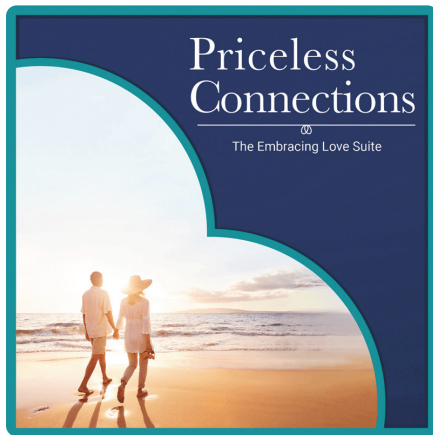
This track is 30 minutes in length and is best used sitting upright or reclining, with eyes open or closed (if your eyes are open, try selecting a point of focus for your attention, such as a candle flame or mandala). Listeners report an upwelling of positive feelings and occasional “warm waves” of happiness (but remember, there is no “wrong” reaction to any given listening session).

Because of the energizing effects of **Journey to Compassion**, we recommend listening in the morning or during your normal waking hours rather than right before bed although you’re free to listen anytime.

As with all Holosync soundtracks, stereo headphones or earbuds are required for optimal benefit. **Never listen while driving or operating machinery.**

**Journey to Compassion** features two different affirmation scripts, each powerful in their own way.

[\[Click here for the lists of affirmations used with \*\*Journey to Compassion\*\*\]](#)



## Priceless Connections

From the *Embracing Love Suite*

The quality of our lives can be said to come directly from the quality of our relationships. Whether it's an enduring friendship, a special connection to a sister, son, dad, brother, mother, or anyone else who has made a positive

difference in our lives, **Priceless Connections** is designed to strengthen the bonds you have with the most important people in your life.

Our loved ones are what matter most to us, and **Priceless Connections** can help forge even deeper bonds that can last a lifetime.

**Priceless Connections** is 30 minutes in length and can be listened to any time of day, including right before bed. You'll get best results by listening in a seated or reclining position with eyes closed. Daily use yields the best results but you can listen less frequently or as your schedule allows.

**Priceless Connections** targets the theta brainwave pattern—a state associated with deep relaxation, dreams, creative inspiration, and tranquility. Listeners can expect a stress-free and calm listening experience both during and after a 30 minute listening session. Some listeners may become drowsy or fall asleep while listening.

As with all Holosync soundtracks, stereo headphones or earbuds are required for optimal benefit. **Never listen while driving or operating machinery.**

A carefully chosen set of affirmations recorded in our proprietary Autofonix method is included.

[\[Click here for a list of affirmations used with \*\*Priceless Connections\*\*\]](#)



## Abundance Builder

From the *Ultra Success & Wealth Suite*

**Abundance Builder** is designed to help you spot opportunities to prosper and grow your wealth. Whether you have a lot of money or very little, **Abundance Builder** can help you grow what you have to create and increase your financial security.

While there is no “right” or “wrong” experience, listeners of **Abundance Builder** can expect to feel mildly relaxed, focused, calm, and peaceful while listening.

**Abundance Builder** is 30 minutes in length and produces a lightly relaxed and focused alpha brainwave state. Unlike other tracks from this collection, it can be used while walking around or engaged in other light physical activities. It can also be listened to on repeat (more than one time in a row) for up to two hours at a time, if desired. Listen daily for best results or any time your schedule allows.

As with all Holosync soundtracks, stereo headphones or earbuds are required for optimal benefit. **Never listen while driving or operating machinery.**

Included are affirmations recorded in the proprietary Autofonix format specially chosen to supply your unconscious mind with positive thoughts around abundance and prosperity. Over time and with consistent use, these affirmations will anchor in the unconscious and begin to manifest in conscious thought and behavior.

[\[Click here for a list of affirmations used with \*\*Abundance Builder\*\*\]](#)



## Positive Mind

From the *Total Health & Fitness Suite*

Proper physical health begins with proper mental health. Positive Mind is a simple and easy way to ensure that your brain becomes your ally and not your enemy when it comes to making healthy choices. **Positive Mind** is

designed to do two simple but very important things:

1. To create and maintain a positive, healthy, and empowering state of mind so you can overcome any obstacles (including your own self-sabotage), in order to to lead a healthy lifestyle filled with energy and vitality; and...
2. Trigger the release of positive and healthy neurochemicals known to improve health and support your body's own anti-aging mechanisms.

Building on original research with Dr. Vincent Giampapa, **Positive Mind** can trigger increases in melatonin and DHEA, and also normalize cortisol levels.

**Positive Mind** is 45 minutes in length and features a beautiful musical track with the tranquil sound of a distant waterfall in the background. Positive Mind uses Holosync to draw your brainwave patterns down to a deep delta state for optimal relaxation, then gently brings you back to a state of calm, lucid awareness.

While there is no "right or wrong" experience to have while listening, listeners of **Positive Mind** often report a range of pleasant experiences including deep relaxation, occasional sleep, dreamlike experiences, emotional well-being, peace of mind, and clarity (especially upon completion of the session).

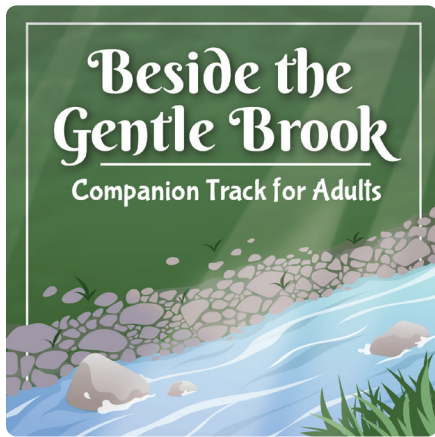
You can listen to **Positive Mind** once or twice per day, ideally in a seated or reclining position, with stereo headphones, and your eyes closed.

Note: Because of the deep brainwave patterns **Positive Mind** induces, it's best to listen in a place where you're free of distractions and noise.

As with all Holosync soundtracks, stereo headphones or earbuds are required for optimal benefit. **Never listen while driving or operating machinery.**

Included are affirmations in the proprietary Autofonix format specially chosen to supply your unconscious mind with thoughts of success, joy, happiness, and making healthy choices.

[\[Click here for a list of affirmations used with \*\*Positive Mind\*\*\]](#)



## Beside the Gentle Brook

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From The *Magical Wooded Path* Suite

In 2020, Centerpointe released its first ever suite for children, ***The Magical Wooded Path***. In addition to the story-based audio tracks for kids, we included a special track for parents and other adults called **Beside the Gentle Brook**.

**Beside the Gentle Brook** uses Holosync to draw the brain into a very relaxing Theta state designed to induce a feeling of deep calm and relaxation, and to ease mental and physical tension. It's the perfect "mental health break" option for when you're feeling worn out from a long day or just need a boost of mental clarity and emotional well-being.

This track is 12 minutes long and can be listened to any time of day or night.

No narration, affirmations, or other verbiage is included on this soundtrack.

As with all Holosync soundtracks, stereo headphones or earbuds are required for optimal benefit. **Never listen while driving or operating machinery.**

## Embracing Love Inspiration Cards

From the *Embracing Love Suite*



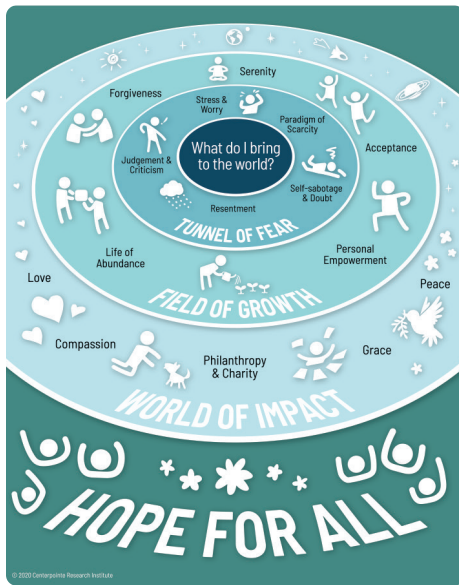
**Embracing Love Inspiration Cards** are digital “cue cards” designed to help you connect with yourself and others from a heart-centered place. The cards include engaging prompts on these important aspects of your relationships:

*Find Common Ground, The Gift of Time, Care but Don’t Carry, Who Loves Ya Baby?, Love at a Distance and Boundless Love vs. Healthy Boundaries.*

The **Inspiration Cards** will help you nurture your relationships, deepen your communications, and enrich the way you see and feel love in your life.

**How to Use the Inspiration Cards on Your Desktop:** Pick any card based on its title (i.e. *The Gift of Time, Care but Don’t Carry, etc.*) and hover over it to open the card to a “Try This” prompt. Click on the card to read more about why this concept is important and how it can help you take your relationships to the next level.

**How to Use the Inspiration Cards on Your Mobile Device:** Pick any card based on its title (i.e. *The Gift of Time, Care but Don’t Carry, etc.*) and click to open the card to a “Try This” prompt. Click on the card to read more about why this concept is important and how it can help you take your relationships to the next level.



## What Do I Bring to the World?

### Seeds of Hope Infographic

We created this infographic just for **The Seeds of Hope Collection**. With it you can visualize the importance of moving away from fear and toward the “field of growth.” The world needs all the positive energy and effort it can get! Reflecting on “how we show up” in our daily lives is an important step in becoming aware and mindfully successful.

Keep the infographic handy as a reminder to stay aware and authentic in your daily life, and to always focus on what you want (not what you want to avoid). Join other **Seeds of Hope** listeners in helping to make the world a happier, healthier, and more peaceful place!

# Seeds of Hope

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 or while doing anything else that requires your attention.
- When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.
- 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.

# Seeds of Hope

## 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 **Seeds of Hope** soundtracks. Any normal stereo headphones or earbuds will work.

Q) “How long should I listen to the tracks?”

- A) That’s entirely up to you, although for best results, we recommend listening to each track consistently or as often as your schedule allows. As you listen you may find that you wish to spend more time on a specific track. Consistent listening yields the best results, but find what works best with your schedule and feel free to experiment.

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).

# Grace - Transforming Worry Affirmations

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- I love my spleen. My spleen is radiant and healthy.
- I am grateful for my spleen and for all the ways my spleen supports my well-being.
- I am grateful for all the ways my earth element energy supports me.
- I see a shining golden light calming my mind and body.
- Every cell in my body vibrates with health, vitality, and love.
- My heart, mind and body are balanced and aligned.
- I am at peace.
- I am grateful for all that I have and all that I have experienced.
- I am mindful and aware.
- I am centered and grounded.
- I love myself unconditionally and nurture myself in every way.
- I embody kindness, compassion and tolerance.
- I am loving and compassionate with myself and others.
- I have the courage to forgive myself and others in all circumstances.

[\[Back to \*\*Grace - Transforming Worry\*\* Instructions\]](#)

# Journey to Compassion Affirmations

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**Journey to Compassion** features two different affirmation scripts, each powerful in their own way.

The first is based on a traditional “metta bhavana” or loving-kindness meditation/prayer and is recorded in an audible format which repeats four times over approximately the first 10 minutes.

Below is the metta bhavana-style meditation prayer audibly presented during the first few minutes of **Journey to Compassion**:

- May all beings be safe, happy, healthy, live joyously...
- May all living beings be safe, happy, healthy, live joyously...
- May all breathing beings be safe, happy, healthy, live joyously...
- May all individuals be safe, happy, healthy, live joyously...
- May all beings in existence be safe, happy, healthy, live joyously...
- May I be safe from harm.
- May I be happy just as I am.
- May I be peaceful with whatever is happening.
- May I rejoice in the gift that is life.
- May I be healthy and strong.
- May I care for myself in this ever-changing world graciously, joyously.
- May all beings in the air, on land, and in the water be safe, happy, healthy, and free from suffering.
- May all living beings everywhere, on all planes of existence, known and unknown, be happy, be peaceful, be free from suffering.

The second is a list of affirmations specific to cultivating compassion and are recorded in our proprietary Autofonix format.

- I am guided by compassion, sincerity, peace and clarity.
- I embrace my family in compassion.
- I embrace my friends in compassion.
- I embrace all beings in compassion.
- I send compassionate thoughts and energy to those in need.
- I listen with a compassionate, loving heart.
- I feel tolerance, compassion, and love for all people, including myself.
- I am always compassionate and loving with myself.
- I reach out to other beings with compassion and love.
- I radiate joy, love, peace and compassion
- I embody kindness, compassion and tolerance.
- I am loving and compassionate with myself and others
- I tell the truth with integrity and compassion.
- I am giving, caring and compassionate.
- I am compassionate and understanding.
- I treat myself with care and compassion
- I express truly authentic compassion to all beings.

Note that after the audibly-spoken portion of the track ends (around 10 minutes into the track), no audible verbiage will be perceived.

The second set of affirmations, recorded in the Autofonix method are embedded and will be present (though not consciously audible) through the remainder of the track.

[\[Back to Journey to Compassion Instructions\]](#)

# Priceless Connections Affirmations

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- I connect easily with the people I care about.
- I listen with a compassionate, loving heart.
- I express myself clearly and honestly.
- It is safe for me to express my feelings.
- Happiness grows from within me.
- We are all connected in positive ways.
- I seek the things I have in common with others.
- I am an excellent listener.
- I love and trust with ease and great intuition.
- I am positively connected and in harmony with everyone I meet.
- I have a deeply innate connection to the vast living universe .
- I have faith in the innate goodness of people.
- I release all grudges and resentments.
- I create atmospheres where meaningful connections are made.
- I affirm my own connectedness with all beings.
- My relationships are open-hearted, honest and full of abundance.
- I share the best of myself with everyone I meet.
- I enjoy having healthy, balanced relationships.

[\[Back to \*\*Priceless Connections\*\* Instructions\]](#)

# Abundance Builder Affirmations

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- The universe is an endless source of abundance
- My life overflows with wealth and riches
- Money constantly flows into my life
- I easily discover new ways to increase my wealth
- I know how to increase my wealth as I desire
- I know that there is an endless source of abundance available to me
- I always find ways of increasing my success and prosperity
- I live a rich and prosperous life
- My wealth multiplies constantly
- New resources for increasing my prosperity are always available to me
- There is an endless supply of wealth for me
- Prosperity and wealth allow me to live comfortably and happily
- I am blessed with vast amounts of wealth
- I use my wealth for my betterment and the betterment of others
- I can easily increase my wealth at will
- I am living a life of abundance.
- Riches of all kinds flow into my life daily
- I radiate abundance.
- I am living my life in a state of complete abundance.
- I see abundance all around me.
- I am focused on my goals

- I am persistent in my pursuit of my desired outcomes
- I stick with my plans and follow-through
- My wealth is constantly multiplying
- I use my money wisely and know how to manage it
- I find resources I can trust to help me manage my wealth
- I am prosperous financially and in many other ways as well
- My life overflows with bounty and prosperity
- I constantly improve my financial situation
- I am aligned and in-tune with the energy of money and wealth
- I am conscientious with my money
- I make financial decisions based on solid and trustworthy information
- I am careful and frugal with my money
- I know when to save and when to spend
- I always have more money than I need to live comfortably
- My bank account is filled with money
- I make smart and sound investments that yield incredible returns
- My finances allow me to live independently and without fear
- My wealth enables and empowers me to help myself and others
- Every moment, my wealth is expanding, growing, and multiplying
- Money continues to pile up in my bank account
- As I give to others, I receive the same ten-fold
- I can afford to enjoy the many blessings life has to offer
- I am passionate about growing my wealth

- I manage my money and time in the best ways possible
- I find ways of sharing my abundance with others
- Because of my wealth, I am able to help improve the world in ways of my choosing
- I am surrounded by golden riches
- I am making my life, and the world around me, better each day
- I am a positive, inspiring, and powerful influence
- I am deeply grateful for what I have in life

[\[Back to \*\*Abundance Builder\*\* Instructions\]](#)

# Positive Mind Affirmations

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- I stay active to keep my body and mind strong
- I am a powerhouse of energy and positivity
- I have a strong and healthy body and I take good care of it
- I am powerful, capable, and confident
- I tap into the wisdom of my unconscious mind to achieve my goals
- I have immense willpower and use it to achieve what I want
- I wake each day with a clear mind and an energetic body
- I make choices that support my values and goals
- I lead a healthy, happy, and prosperous life
- I shape my life by choosing positive and healthy thoughts
- I can do anything I put my mind to
- I am in charge of my life and all of my choices
- All of my choices lead me to a happier, healthier life
- I am filled with positive energy
- Feelings of joy, optimism, and happiness come naturally for me
- My body is healthy and strong
- I have boundless amounts of energy and strength
- I possess all the qualities needed to live a healthy life
- I make changes to improve my health with ease
- I choose to be happy and healthy
- I have a positive, can-do attitude
- I lead a life of joy and success

- I wake up each day filled with energy
- I manage my time effectively
- I make time in my day to exercise
- I eat food that is healthy for my body
- I stay hydrated and drink plenty of water
- I welcome new and positive ways to be healthy and happy
- I am worthy
- I lead a life filled with joy and happiness
- I am confident
- I have the ability to achieve anything
- Nothing is beyond my abilities to achieve
- I have a powerful inner confidence
- I see the value in myself
- I know that everything is within my reach when I apply myself
- Everything that happens in my life helps me become happier and healthier
- My mind is filled with healing and peaceful thoughts
- I creatively meet challenges and always find ways to improve my life
- My relationships are improving all the time
- My finances are improving all the time
- My physical, mental, and spiritual health are improving all the time
- I constantly come up with new ideas to help me succeed
- I look and feel wonderful
- I find solutions with ease

- I make my physical and mental health a priority
- I pay attention to my body and give it what it needs to be in perfect health
- I am determined and persistent
- I achieve my goals
- I enjoy learning new things
- I stay focused on my goals
- I find it easy to adjust to change
- I have lots of enthusiasm about my life
- I know how to relax and have fun
- The paths I choose always lead me to success
- I easily visualize my goals in crystal clarity
- I always find the positive in every experience
- I contain boundless energy
- I have all of the energy I need to accomplish my goals
- People enjoy being around me because I'm always positive and optimistic
- I take actions in my life that produces happiness and joy
- I think clearly in all situations and I always know what to do

[\[Back to \*\*Positive Mind\*\* Instructions\]](#)

## Liked the track? Try the Full Suite!



### Track: Grace - Transforming Worry

From the ***Wu Xing Power*** Suite

In traditional Chinese medicine, balancing the Five Elements is the KEY to healing.

<https://www.centerpointe.com/wu-xing-power-suite/>

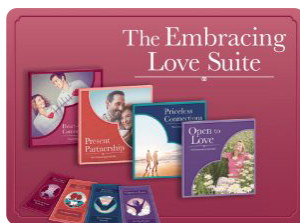


### Track: Journey to Compassion

From the ***Journey to Self*** Suite

Tap into the power of your unconscious mind to create deep experiences of compassion, love, gratitude and forgiveness.

<https://www.centerpointe.com/journey-to-self/>



### Track: Priceless Connections

From the ***Embracing Love*** Suite

Everyone deserves love. open your heart and take your love and relationships to a whole new level.

<https://www.centerpointe.com/embracing-love-suite/>

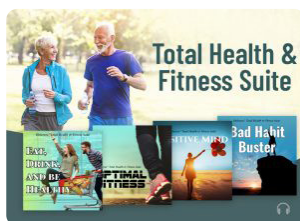


### Track: Abundance Builder

From the ***Ultra Success & Wealth*** Suite

Finally achieve the financial freedom to live the lifestyle of your dreams.

<https://www.centerpointe.com/ultra-success-wealth-suite/>



### Track: Positive Mind

From the ***Total Health & Fitness*** Suite

Get fit, lose weight & stay the course... without the grueling effort.

<https://www.centerpointe.com/total-health-fitness-suite/>



### Track: Beside the Gentle Brook

From ***The Magical Wooded Path*** Suite

Give your kids (ages 6-12) immediate relief from stress, frustration and emotional overwhelm.

<https://www.centerpointe.com/magical-wooded-path-suite/>

## **Disclaimer:**

The information and audio products provided here are not intended to diagnose, treat, or cure any medical or mental health condition. Our coaching and support services are not offered as a substitute for professional mental health assistance or crisis counseling. While all products offered are considered safe to use as instructed, all products are offered “as is” and Centerpointe Research Institute assumes no responsibility for the misuse of the products or information contained therein, and such information is subject to change without notice. Centerpointe Research Institute is not responsible nor liable for any advice, course of treatment, diagnosis or any other information, services or products obtained from Centerpointe Research Institute or its affiliates.