

Therapeutic Noise Suite

- Powered By Holosync

Info & Instructions

(Note - it's important to read all the instructions and info below before using your Therapeutic Noise Soundtracks)

Welcome to Centerpointe's **Therapeutic Noise Suite - Powered By Holosync**, a unique and revolutionary psychoacoustic collection of three soundtracks that not only provide the proven therapeutic benefits of "color noise," but also feature the power of Holosync to dramatically boost your results!

Plus, we've included special bonus natureescape versions for each soundtrack (see below for details).

Our Noisy World

Researchers have been sounding the alarm, so to speak, about noise pollution. Noise pollution is everywhere - from industrial noises, road and air traffic, to lawn mowers, leaf blowers, and your neighbor's barking dog. And it's getting worse!

Even our computers and phones are constantly emitting beeps and chimes that - while seemingly only a minor annoyance - can have lasting and detrimental effects on our sleep, focus, memory...even our physical health.

Studies show that noise pollution has been implicated in a rise in cases of heart disease, learning disabilities, anxiety, headaches, cognitive impairment, and lowered immune response.

Over 80% of the world's population live in dangerously noisy environments and are constantly exposed to noise levels that can wreck our peace of mind and health. And the problem is getting worse.

We all know how important it is to have pure water, safe food, and clean air. But unlike other forms of pollution, you can't see, taste, feel, or smell noise pollution. And you might be surprised to learn that noise pollution is now considered by most national health agencies to be the second most dangerous form of pollution second only to air pollution.

But not all noise is bad!

Psychoacoustic researchers say that certain kinds of noise, with very precise frequency signatures and patterns, can not only help us block out excess noise pollution, but can actually improve our mental and physical health at the same time. That's right, some noise can protect and heal us from the damaging effects of noise pollution. These beneficial sounds are known as "Therapeutic Noise."

The various forms of therapeutic noise - like white, pink, and brown - each come with their own set of benefits, including boosting mental energy, helping us overcome insomnia, combating anxiety, and even improving our memory, concentration, and focus.

Therapeutic noise is not musical. Instead, precise frequencies are used to create a kind of homogeneous "sound field." To most listeners, therapeutic noise can sound like soft static, quiet hissing, or a gentle rumbling. These sounds are different from our usual meditation soundscapes, so for some

listeners it might take a few moments to get used to them. But we've found that listeners quickly adapt and enjoy these gentle sounds.

Therapeutic noise has been used...

- in neonatal units to help sick or fussy newborns relax and sleep
- in special military training to help servicemen and women achieve peak levels of focus and mental endurance
- in hospitals and nursing homes to soothe patients and residents, and reduce chronic pain
- in educational settings to help improve students ability to focus without distraction and even combat learning disabilities like ADHD
- in clinical settings to help calm those with highly sensitive nervous systems
- in improving the ability learn music or new languages faster and better
- in offices to help workers avoid environmental noise and stay focused and productive

...and much more.

And now, for the first time, we've combined the incredible benefits of therapeutic noise with the power of Holosync - the world's most effective neuro-audio brainwave entrainment technology.

You now have three exceptionally powerful, music-free audio therapy soundtracks you can use to supercharge your focus, improve your sleep, enhance your memory, and alleviate feelings of anxiety and depression. Included are white, pink, and brown noise soundtracks.

And as a special BONUS - you also get specially designed **naturescape versions** for each one of the therapeutic noise tracks. These naturescapes use natural environmental sounds like ocean, wind, and rainfall to replicate

the same audio frequencies associated with each therapeutic noise. You can pick either version you want, anytime!

Let's take a look at each of these remarkable 30 minute soundtracks and share some listening guidelines so you can get started right away!

(Please be sure to read all of the instructional info below to ensure you get the most out of your Therapeutic Noise soundtracks!)

1) Sonic Soother - White Noise Therapy

Just as white light contains all colors, white noise contains all perceptible audio frequencies in equal measure. Research shows that listening to white noise can dispel mental distress, reduce feelings of anxiety, and even improve focus and memory.

A 2023 study showed that white noise was exceptionally effective at helping to clear the mind and may even improve learning challenges like dyslexia, ADHD and more.

Like pink noise and brown noise, white noise is very effective at masking out noise pollution and has a powerful calming effect on the nervous system. It acts as a buffer between you and the noisy world around you.

We've created the best white noise soundtrack you'll find anywhere! **Sonic Soother** combines the therapeutic benefits of white noise with Holosync, gently drawing brain waves into a deeply relaxing theta pattern.

Sonic Soother is the ideal audio tool to help you enter a state of relaxed calm, focus, and clarity. It's the "go-to" audio therapy for everything from noise cancelation, to relaxation and overcoming feelings of anxiety. It's even great for combating jet lag, or for that noisy morning commute on the train or bus!

BONUS:

And we've included a natural soundscape version which replicates the effects of white noise and features the beautiful sounds of a flowing waterfall combined with a light rain shower and distant birdsong. (Holosync is included in both versions).

Listening Details & Instructions:

Ideal for:

- Reducing anxiety
- Soothing and centering the body and mind
- Inducing the body's Relaxation Response
- Listening on airplanes, trains, or while using public transport
- Reducing mental and physical fatigue and tension
- Canceling our external noise and distraction
- Improving clarity and focus

Usage guidelines:

- Listen at a comfortably low volume level
- Listen with stereo earbuds or headphones
- Listen sitting, reclining, or lying down
- Best with eyes closed but can be used with eyes open
- Can be listened to while reading or studying
- Ideal to use in high-noise environments
- Can be listened to on repeat for up to an hour
- Can be listened to one to three times per day
- Can be listened to as a sleep aid (see the "Calming Soundscape track for more on sleep)

2) Deep Focus - Pink Noise Therapy

Pink noise reduces the higher frequencies found in white noise, which gives it a deeper and richer sound. It's added depth helps to filter-out higher pitched noises.

Pink noise is exceptionally good at improving focus and concentration, making it the ideal sound to play while reading and studying. Some research also suggests that pink noise can help improve memory, both in retention and recall.

Listening to pink noise can induce a "flow state," a state of pure attention and crystal clarity. Flow states are ideal for creative problem-solving, brainstorming, and for any task where you need razor-sharp focus.

Pink noise has been used by athletes, artists, and military personnel who benefit from sharpened attention, visualization, and enhanced mental stamina.

Deep Focus combines pink noise with Holosync to place brain waves at a 10 Hz alpha state, considered a "super-learning" state where hemispheric synchronization is high and susceptibility to external distractions is reduced.

This is the ideal study aid and a powerful tool for creative inspiration, breaking free from writer's block, coming up with new ideas, and unleashing your focus and creativity!

BONUS:

And as an added bonus, we've included a natural soundscape version featuring nature's own pink noise, gentle ocean surf and tidal pools to help wash away stress and enter a state of tranquility and peace. (Holosync is included in both versions).

Listening Details & Instructions:

Ideal for:

- Reading and studying
- Enhancing memory retention
- Improving focus and concentration
- Boosting mental sharpness and deep-thinking
- Creative problem solving and inspiration
- Entering a “Flow State”
- Sharpening attention and cognition

Usage Guidelines:

- Listen at a comfortably low volume level
- Listen with stereo earbuds or headphones
- Listen sitting, reclining, or lying down
- Can be used with eyes open or closed
- Ideal for use while reading or studying
- Ideal to use in high-noise environments
- Can be listened to on repeat for up to an hour
- Can be listened to one to three times per day

3) Calming Soundscape - Brown Noise Therapy

Brown noise is rich, deep, and soothing. It has similar stress-reducing properties as white and pink noise but because of its heavier low-end frequency profile, it makes an ideal sound to overcome insomnia and other sleeping challenges.

Brown noise has been used by healthcare professionals to help relax patients and improve their sleep to speed recovery time. Some studies suggest that brown noise can help those who suffer from tinnitus or auditory processing problems.

It's also shown promising results in sleep therapy, chronic pain reduction, and stroke recovery.

Perhaps its most profound benefit is to help heal a range of sleeping problems such as insomnia, parasomnia, circadian rhythm disorders, and night terrors.

Calming Soundscape provides a profoundly relaxing and restorative listening experience. A Holosync entrainment sequence moves brain wave patterns down to the delta state, which is especially helpful to address any kind of sleep problem. Within minutes, **Calming Soundscape** can help you get to sleep and stay asleep peacefully through the night.

BONUS:

And we've included a natural soundscape version featuring a serene outdoor setting, with soothing nighttime sounds of an open meadow enhanced with deep brown noise, flowing water, and a faint chorus of crickets.

Listening Details & Instructions:

Ideal for:

- Stress reduction
- Sleep induction
- Overcoming insomnia (or other sleep problems)
- To combat jet lag or travel weariness
- Rejuvenating brain power
- Eliminating mental and physical fatigue
- Calming body and mind

Usage Guidelines:

- Listen at a comfortably low volume level
- Listen with stereo earbuds or headphones
- Listen before bed or sleep time
- Listen lying down or reclining with eyes closed
- Ideal to use in noisy environments
- Can be listened to on repeat for up to an hour
- Can be listened to one to three times per day

Note that as a deep sleep aid, Calming Soundscape may cause drowsiness and sleep.

Listening Notes on Therapeutic Noise Soundtracks:

- These soundtracks have been designed to work and sound best when played at lower volumes.
- These soundtracks have been mastered at a low volume and should never be listened to at high volume levels. Always listen at a comfortably low volume level.
- Both the standard therapeutic noise version and the natural soundscape version include Holosync and produce the same set of effects and benefits.
- These soundtracks can be played through speakers (without headphones) which delivers the benefits of the therapeutic noise but without the added brainwave entrainment effects of Holosync.
- It is common to experience some brief residual “aural hiss” after listening to therapeutic noise soundtracks, especially if you listen for more than 30 minutes at a time. This typically dissipates within a few minutes and is not harmful.
- When listening to “color” sound fields, a small percentage of listeners experience occasional “audio pareidolia” which is an acoustic phenomenon where various mechanical, animal, or other “phantom sounds” can be misperceived by the brain and projected onto the audio field. This is a known acoustic phenomena common with homogeneous noise recordings and is not harmful nor will it diminish the neuroacoustic effects of the noise field or Holosync.

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.**
- **Therapeutic noise soundtracks should always be listened to at comfortably low volume levels (louder isn't better)**
- Never listen while driving or riding a bicycle or while doing anything that requires your full attention.
- Holosync requires stereo earbuds or headphones. While the therapeutic noise soundtracks 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. (Centerpointe offers a range of affordable, high quality stereo headphones and earbuds. Visit centerpointe.com for details or call **503-672-7117**)
- All soundtracks are offered in high bitrate 320kbps mp3 format to ensure superb audio quality and effectiveness.
- 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!

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 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) “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) “I’m also doing The Holosync Solution™ program. Can I do both?”

A) Absolutely! The Therapeutic Noise soundtracks are completely compatible with your Holosync Solution tracks or any other Holosync products. Just pick one time of day for your Holosync Solution session

and a different time of day to listen to your Therapeutic Noise soundtracks. Be sure to refer to the instructions for each of the soundtracks for listening recommendations.

Q) “Can children listen to these soundtracks?”

A) Due to the potency of some soundtracks, we don't recommend that children younger than 13 listen to the Therapeutic Noise 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 Therapeutic Noise suite? We'd love to hear from you! Call or email today!

Disclaimer:

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

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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 experiencing a serious emotional or mental health condition.

Therapeutic Noise Suite: Terms & Conditions

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