

The Harmonious Mind Suite

A Feng Shui-Inspired Collection of Life-Enhancing Audio Meditation Soundtracks

The Harmonious Mind Suite is a collection of nine powerful 30-minute Holosync soundtracks - each one precisely tuned to one of the nine Feng Shui (Bagua) compass directions and the specific life area it governs.

With the Harmonious Mind Suite, you can reorient your inner landscape by clearing cognitive clutter, opening the energy channels in your mind, and restoring flow and coherence to the areas of your life that feel stuck or stagnant.

Think of it as Feng Shui for your thoughts, feelings, and emotions.

Listening Guidelines

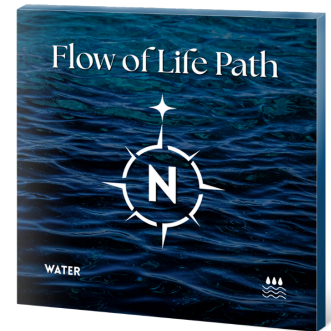
- Always listen with stereo earbuds or headphones.
- Listen in a quiet, distraction-free environment.
- Listen with eyes closed, seated, reclining, or lying down.
- Listen anytime of day (see individual soundtrack info for details).
- Never listen while driving or when you need to maintain awareness of your surroundings.

The Harmonious Mind Soundtracks

Soundtrack #1: North – “Flow of Life Path”

30 Minutes - Water Element - Career, Life Purpose & Inner Flow

In Feng Shui, North is the direction of water - of movement, depth and the quiet current that carries you toward your calling.



This track guides your brainwaves from a normal waking state down into theta - a deeply meditative state most people only reach after years of dedicated practice. From there it descends briefly into delta, the slow brainwave state of deep sleep, before gently rising back up. It mirrors the nature of water itself: a steady descent into depth, followed by a natural resurfacing.

The result is a clearing of the mental resistance and emotional debris that blocks your sense of direction. When the noise quiets down, purpose gets clearer. Direction becomes instinctive rather than forced.

- *Brainwave journey: Alpha → Mid-Theta → Delta → Alpha*
- *Best for: Early morning listening, career clarity, or whenever life feels directionless.*
- *Includes Lateral Carrier Boost 2.0*

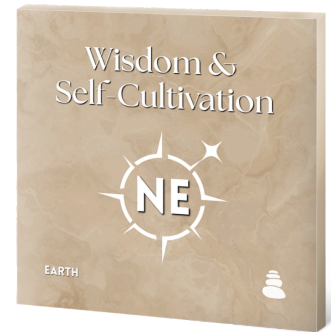
Soundtrack #2: Northeast

“Wisdom & Self-Cultivation”

30 Minutes - Earth Element - Knowledge, Stillness & Inner Growth

Have you ever noticed that your best decisions don't come from thinking harder? They come from getting quiet enough to hear what you already know.

That's the Northeast - the direction of the quiet mind.



This track takes you on one of the deepest journeys in the suite, guiding your brainwaves all the way down into ultra-deep delta at 0.5 Hz. That's a profoundly still state where the conscious mind steps aside and the body's deepest restorative processes take over. Think of it as clearing every piece of furniture out of a room so you can see the floor again. What's left is clarity.

This session fosters the kind of grounded inner knowing that makes learning effortless and decisions clearer. Not through thinking harder, but through thinking less.

- *Brainwave journey: Alpha → Theta → Deep Delta (0.5 Hz)*
- *Best for: Morning meditation, study, journaling, or making important decisions.*
- *Includes Lateral Carrier Boost 2.0*

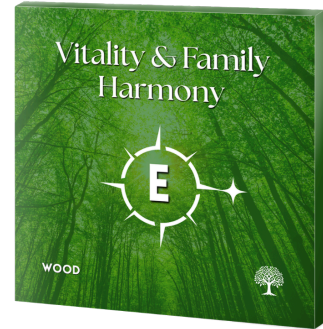
Soundtrack #3 – East

“Vitality & Family Harmony”

30 Minutes - Wood Element - Health, Vitality & Connection to Roots

The East is where the sun rises, and in Feng Shui, it's the direction of health, fresh starts and the bonds that ground us.

This track guides your brainwaves into a sustained theta hold using a gentle, easy-to-absorb stimulus designed for physical recovery, emotional processing and the renewal of life force energy. Think of it as spring cleaning for the nervous system.



The warm, organic soundscape pairs beautifully with theta frequencies to reawaken your body's natural vitality and strengthen your sense of connection to the people and roots that matter most.

- *Brainwave journey: Alpha → Theta (5 Hz sustained hold)*
- *Best for: Morning energy, physical renewal, or before time with loved ones.*

Soundtrack #4 - Southeast

“Abundance & Prosperity”

30 Minutes - Wood Element - Wealth, Growth & Gratitude

Abundance isn't just about money. It's about feeling like life is flowing *toward* you through opportunities, generosity and growth instead of *away* from you.



This track drops you steadily into a deep, sustained theta hold at 5.5 Hz. This is the frequency most closely associated with the release of deeply held subconscious patterns. This is where scarcity thinking lives. Where unconscious resistance hides. And it's exactly where Holosync does its most powerful work - gently loosening those old patterns while Autofonix® silent affirmations plant new seeds of openness and gratitude.

This is also one of the tracks where our Lateral Carrier Boost 2.0 technology really shines. It activates during the theta hold, dramatically increasing synchronous activity between your left and right brain hemispheres. Why does that matter here? Because scarcity is often a one-sided story - the logical brain fixates on what's missing while the intuitive brain can't get a word in. LCB 2.0 brings both sides into conversation, creating whole-brain receptivity to new beliefs about wealth and worthiness.

- *Brainwave journey: Alpha → Sustained Deep Theta (5.5 Hz) with LCB 2.0*

- *Best for: Midday visualization, financial intention-setting, or shifting a scarcity mindset.*
- *Includes Lateral Carrier Boost 2.0*

Soundtrack #5 – South

“Passion & Illumination”

30 Minutes - Fire Element - Recognition, Confidence & Inner Light

South is the direction of fire - of being seen, valued and fully expressed in the world.

This is the most energetically dynamic track in the suite. Instead of guiding your brainwaves downward into relaxation, it ramps *up* - driving from alpha into high-frequency gamma at 40 Hz.



Gamma is the fastest brainwave state and one of the rarest. It's associated with peak performance, creative brilliance, heightened confidence and those moments when everything clicks and you feel completely *on*. It's the brainwave state of people who light up a room.

After the gamma hold, the track gently descends to alpha, leaving you energized, clear and quietly radiant. This is for the part of you that has dimmed. The confidence that went quiet. The passion that got buried under responsibility and routine.

- *Brainwave journey: Alpha → Gamma (40 Hz) → Alpha*
- *Best for: Speaking, creating, performing, or any moment that asks you to show up fully.*
- *Includes Lateral Carrier Boost 2.0*

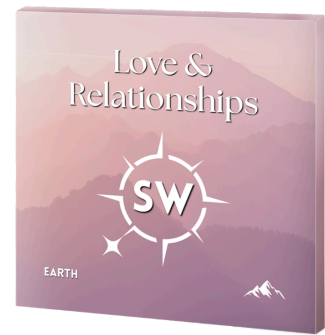
Soundtrack #6 – Southwest

“Love & Relationships”

30 Minutes - Earth Element - Partnership, Trust & Deep Connection

When was the last time you felt truly open? Not guarded. Not performing. Just... present with another person?

The Southwest governs the heart's territory. Not just romantic love, but the capacity to give and receive care in all its forms.



This track guides you to the alpha-theta border at 7.7 Hz - a frequency often called the "gateway" between the conscious and subconscious mind. It's a tender, liminal state where emotional walls soften on their own. The defenses you didn't even know you were carrying begin to release. Your nervous system shifts from guarded to open.

The warm, enchanting soundscape mirrors the quality of the connection it's designed to create: intimate, safe and deeply present.

- *Brainwave journey: Alpha → Alpha-Theta Border (7.7 Hz sustained hold)*
- *Best for: Evening listening, couples meditation, or healing relational wounds.*

Soundtrack #7 – West

“Creativity & Joy”

30 Minutes - Metal Element - Expression, Playfulness & Creative Flow

Somewhere along the way, most of us stopped playing. Stopped creating for the joy of it. Stopped letting curiosity lead.



This track has the most dynamic brainwave architecture in the collection, and that's by design. It begins at alpha, descends into deep theta at 4 Hz (where rigid thinking loosens and new connections form), and then ascends all the way up to 20 Hz beta - the frequency of active, energized focus and creative execution.

It's a complete creative cycle in one session: first you quiet the inner critic, then you open the channel, then you activate the part of your brain that actually makes things. The crystalline metal-element soundscape of wind chimes, crystal tones and light percussion adds an extra layer of clarity and brightness to the experience.

- *Brainwave journey: Alpha → Deep Theta (4 Hz) → Beta (20 Hz)*
- *Best for: Afternoon creative work, artistic practice, or whenever life feels too serious.*
- *Includes Lateral Carrier Boost 2.0*

Soundtrack #8 – Northwest

“Guidance & Support”

30 Minutes - Metal Element - Mentors, Synchronicity & Grace

Think about the last time the right person said the right thing at exactly the right moment. That wasn't luck. That was openness.

The Northwest is the direction of helpful forces: the people, insights and moments of perfect timing that show up when you're willing to receive them.



This track creates one of the longest, most gradual descents in the suite - a 13-minute glide into deep theta at 4.5 Hz, where it holds for an extended period before gently rising back to alpha.

That slow, spacious descent mirrors the quality of what this direction cultivates: patience, trust and the willingness to stop pushing and start receiving.

Deep theta is the state most associated with intuition and inner knowing - the quiet voice that senses things before the rational mind catches up. This session is designed to help you hear it.

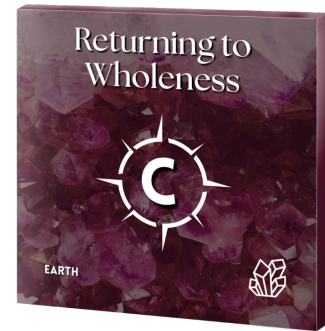
- *Brainwave journey: Alpha → Deep Theta (4.5 Hz, extended hold) → Alpha*
- *Best for: Morning listening, when seeking clarity, or before asking for help.*

Soundtrack # – Center – “Returning to Wholeness”

30 Minutes - Earth Element - Balance, Health & Integration

The Center is where all nine directions meet. It's the hub. The still point. The place of integration from which everything else radiates.

This track's brainwave journey is uniquely designed to reflect that integrating role. It descends into theta at 6 Hz - a frequency associated with deep meditation and emotional equilibrium.



It holds there for an extended balancing period, and then gradually ascends to 13 Hz. This is what neuroscientists call the SMR (sensorimotor rhythm) frequency - a state of calm alertness, physical stillness and a quiet sense of everything being in its right place. Like walking into a perfectly arranged room and feeling your whole body exhale.

It's the one track that both grounds you *and* brings you back to full, centered awareness. The one that ties all the directions together.

Everything begins at the center. And everything returns to it.

- *Brainwave journey: Alpha → Theta (6 Hz, extended hold) → SMR (13 Hz)*
- *Best for: Anytime you feel scattered, uncentered, or in need of a full-system reset.*

Additional Details & Frequently Asked Questions

What is Autofonix?

Autofonix is Centerpointe's proprietary audio encoding method that modulates the frequencies of the human voice to be - unlike conventional subliminal methods - virtually undetectable by the conscious mind but perceptible to the unconscious mind.

With Autofonix we can supply the brain with positive self-talk and inspiring affirmations that by-pass our conscious filters, anchor in the unconscious, and manifest in conscious thoughts and actions over time.

When paired with Holosync, Autofonix affirmations are significantly more effective over time than old-fashioned subliminal or audible affirmations.

As always, a full script of all Autofonix affirmations are included with any soundtrack that includes them.

What is Lateral Carrier Boost 2.0?™

Lateral Carrier Boost 2.0 was developed by the Centerpointe Audio Design Team to enhance the effectiveness of brain wave entrainment by subtly boosting the amplitude of the Holosync carrier frequencies

in each channel independently and sequentially several times over the course of the listening session.

Lateral Carrier Boost 2.0 is designed to increase the synchronous neuro-electrical activity between your two cerebral hemispheres, causing more connectivity and coherence between the two sides of your brain and more “whole brain thinking.”

When your cerebral hemispheres are well connected, you can easily achieve a Flow State and get “in the zone.” It’s like “thinking in stereo.”

The result is a brain firing on “all cylinders;” functioning at optimal efficiency and peak performance. Memory, concentration, focus, retention, recall, and cognition are all improved thanks to the Lateral Carrier Boost technology, as well as making it easier to heal and release old, unresolved mental and emotional material.

If you’ve been looking for a way to increase the effectiveness of your Holosync listening sessions, look no further than Lateral Carrier Boost 2.0 - a one-of-a-kind audio innovation you’ll find nowhere else.

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

A) Absolutely! Harmonious Mind Suite 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 Harmonious Mind 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 these soundtracks, we don't recommend that children younger than 13 years of age listen to Harmonious Mind Suite 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
Harmonious Mind collection? We'd love to hear from you!
Call or email today!*

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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.

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