

Soundtrack #2: **Attention Activator**

Priming the Brain for Complete Concentration

Have you ever had the experience of sitting down to read a book and finding it nearly impossible to focus? You get to the bottom of the page and have no idea what you just read. Frustrating!



Our ability to pay attention - to pay deep attention - to something like reading has been under siege in recent decades due to the ever-increasing and incessant influx of information our brains have to sort through each and every day. Our modern brains are overworked, over-stimulated, and overloaded. Attention is scattered in a thousand different directions, never fully able to attend to the tasks at hand.

Your most precious resource is your attention. How you use your attention largely determines the quality of your life, how productive you are, and how much success you experience.

So we designed **Attention Activator** to allow you to get back in control of your most precious mental resource - your attention.

In just 20 minutes of listening, **Attention Activator** stabilizes and re-centers your attention in the moment, while also elevating your mood, thanks to the high frequency gamma brainwaves this soundtrack produces.

This soundtrack will help you zero-in on what you want and need to focus on (distractions begone!).

Like Ultimate Mind Mastery, you can even listen to **Attention Activator** while doing other things like studying, writing, or even doing your favorite crossword puzzle.

Attention Activator is perfect to use early in the day, or before studying or engaging in any activities that require your attention and concentration.

This soundtrack also uses Centerpointe's proprietary Lateral Carrier Boost technology to increase synchronization between your right and left hemispheres, significantly improving focus, concentration, and memory. (See below for more info)

Users report significant increase in focus, attention, and mental energy, feelings of centeredness, happiness, calm, and heightened creativity. Gamma is also helpful in mental resilience and has been proven to help stave off the effects of mental degeneration due to aging.

Usage Info:

- 20 minutes
- Listen once or twice per day to ramp up attention and focus
- A steady ascent to Gamma, a dip to Beta, a second ascent to Gamma
- Use with headphones/earbuds, seated or reclining, eyes closed, or while doing activities like reading or writing.
- Includes Lateral Carrier Boost Technology
- Includes Autofonix Affirmation script
- Includes Musical and Natural Soundscape Versions

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 or 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!

Frequently Asked Questions:

Q) “I hear a faint low 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) “Are my headphones or earbuds good enough?”

A) While some Holosync soundtracks use carrier frequencies low enough to necessitate headphones with a wide frequency response range, this is not an issue with your *Ultra Focus & Flow State Performance* soundtracks. Any normal stereo headphones or earbuds will work. (Note that better quality headphones and earbuds will make your listening experience more enjoyable.) Centerpointe offers an excellent pair of over-the-ear headphones as well as in-ear earbuds. Visit www.centerpointe.com for details.

Q) “What if I don’t have time to listen to all these tracks?”

A) No problem. The *Ultra Focus & Flow State Performance* Suite is designed to work with your schedule. Whether you decide to use only one track for a while 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 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 *Ultra Focus & Flow State Performance* 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 *Ultra Focus & Flow State Performance* soundtracks.

Q) “I need more help. Who can I talk to?”

A) Our Support & Accelerated Results Coaching Team is here to help!

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

Got an exciting story or testimonial to share about using your Ultra Focus & Flow State Performance 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.

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.

Track 2 Affirmations - Attention Activator

- I am focused
- I am energized
- I am filled with new and creative ideas
- I am in possession of a clear mind
- I am centered on what I am doing
- I am relaxed and calm
- I am single-minded
- I am zeroed-in on my goals
- I am solution-focused
- I am mentally razor-sharp
- I am confident in all that I do
- I am resilient
- I am in possession of a powerful mind
- I am dedicated to following through on my plans
- I am free of distractions
- I am willing and able to think deeply
- I am highly intelligent and capable
- I am decisive and rigorous in my thinking
- I am in complete control of my focus and attention
- I am attentive, aware, and perceptive

[Click here to return to Attention Activator Instructions.](#)