

Ultra Focus & Flow State Performance

Welcome!

Welcome to **Ultra Focus & Flow State Performance**, a suite of audio soundtracks powered by Holosync and utilizing Centerpointe's proprietary Autofonix audio encoding technology specifically engineered to help you blow away brain fog, reclaim your focus and mental energy, and achieve a high-performance mind.

By purchasing the **Ultra Focus & Flow State Performance Suite**, you've made the smart decision to take control of your brain health and improve your life by improving your focus!

Included in this unique suite is Centerpointe's latest advancement in neuro-audio technology, **Lateral Carrier Boost**, which significantly improves your benefits from every listening session. (See below for more info)

As a special bonus, we've also included a simple yet powerful breathing exercise to put you into a Flow State - a state of pure attention and creativity normally only attainable by the sharpest high-performance minds of athletes, artists, and scientists.

We know you're going to get amazing results and life-enhancing benefits from this powerful but easy-to-use collection of cutting edge neuro-audio soundtracks!

Please be sure to read all the information below to make sure you get the most out of your Ultra Focus & Flow State materials.

And be sure to watch the short Welcome Video for a short and informative walkthrough of all that comes with Ultra Focus & Flow State Performance.

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A World Out of Focus

Are you old enough to remember VCRs? Those big, clunky rectangular boxes of wires and dials and knobs we used to watch video tape movies and recordings of our weddings and Christmas mornings?

If so, you might remember that the picture quality wasn't very good, at least by today's hi-definition standards. Occasionally, the video tape would get tangled or display a very fuzzy and blurry picture, and we'd have to adjust the tracking dial to focus the video.

What would a VCR be without tracking? Without the ability to adjust the focus to see the picture clearly?

In today's high-stress world, many people feel like those out-of-focus VCRs, playing tapes that are tangled or blurry. They find it hard to pay attention, to think clearly, and to make good decisions.

This isn't just a minor inconvenience. This is about your quality of life.

Your ability to focus largely determines the quality of your life because without clear focus, you're unable to make healthy and resourceful choices, unable to be creative, unable to communicate clearly, and unable to enjoy even life's simple pleasures.

At Centerpointe, we hear it all the time:

- “I miss being able to think clearly and focus.”
- “I wish I could think like I did when I was 20!”
- “My attention span is so short these days.”
- “I’m always fighting against distractions!”
- “I used to be creative. What happened?”
- “My mind doesn’t work like it used to.”
- “My memory isn’t what it used to be.”
- “I always second guess myself.”
- “I can’t think straight!”

It might seem like all of this is just a natural by-product of aging.

But that’s not entirely true. The real truth is this: your ability to focus and think clearly is under attack...

...by the incessant barrage of information coming at us from social media, the news, our TVs, and the ever-present and addictive power of those little devices nearly every human being now owns - our smartphones. If you’re like most people, your phone is within reach right now. You may even be using it to read this!

But this goes beyond our over-dependence on our phones.

We Live in an Age of Information Overwhelm

Did you know that in the age of the newspaper - long before the internet - most people digested information equivalent to about one newspaper per day, which was about 80 pages.

Later, in the 50s and 60s, people also began watching the evening news on their new-fangled TVs. By the 1980s, we were feeding our brains with enough information to fill over 40 newspapers and TV programs.

But by 2011, our brains were trying to process information equivalent to almost 175 newspapers. That's about 14,000 pages of information, each and every day!

And today?

By some estimates, our brains today are so overwhelmed with a flood of information, that it's almost impossible for them to process more than about 20% of the information we're exposed to. Not because our brains are incapable. But because the firehose of information we're exposed to each and every day is simply far too much for our brains to process.

It's like trying to pump the Mississippi River through a garden hose.

When the brain is overwhelmed, it has trouble organizing and sorting information. It struggles to tell fact from fiction. And it makes poor and sometimes dangerously unhealthy decisions.

**Look, there's no getting around this: Our focus is under attack. And...
...We. Are. Overwhelmed.**

This is a very real and very serious problem we face today. That's because there is nothing of higher value than your focus; what you give your attention to.

Your Focus Is Your Most Valuable Possession

Consider what happens when our focus is overwhelmed, overworked, saturated, and lacking:.

- We struggle to get things done
- Our memory is slow and unreliable
- We are under-productive
- Our ability to concentrate is weak
- We are exhausted and mentally fatigued
- Our attention spans become short and thin
- We procrastinate and fail to follow through
- Our minds feel foggy, clouded, and slow
- We feel depressed and unmotivated
- Our relationships suffer
- We struggle to communicate clearly
- Our creativity is stifled
- We make more mistakes and errors in judgment

Even our physical health can suffer.

Some research suggests that this assault on our focus contributes to depression, anxiety, poor sleep, high blood pressure, heart disease, weakened immune system, weight gain, digestive problems, and lethargy.

Needless to say, when you've lost your focus, life is a real struggle, with tangibly awful consequences.

It Doesn't Have to Be This Way

While there's a real and growing concern today over our short attention spans, lack of deep thinking, and poor reasoning skills, there is a way to counteract these problems and free the real power of your brain to do amazing things. There's a way to break free of the overwhelming and damaging effects of our "information overload."

You see, your brain is remarkably resilient. While it might seem like you've lost your mental edge, your sharp wit, your decisiveness, and your ability to absorb new information, the truth is that your brain just needs a little help.

When our bodies become weak and out of shape due to too much junk food and a sedentary lifestyle, we can solve the issue with some exercise, a healthy diet, and conditioning. When we take care of our bodies, our bodies take care of us. The brain is the same way (and is, after all, as much a part of our physical selves as our skin, heart, and muscles).

Sometimes we forget that the brain, too, can be retrained and conditioned to become more fit, more powerful, more lean & mean.

Yes, you can do it!

- You *can* learn how to push away distractions and mental "noise."
- You *can* reclaim your most precious resource - your focus.
- You *can* train your brain to think deeply, clearly, and concisely.
- You *can* learn to get into a "Flow State" a zone of pure attention and creativity
- You *can* achieve a truly high-performance mind.
- And you *can* get your mind- and life - back on track.

All you need are the tools and a little bit of time to use them.

That's Why We Created Ultra Focus & Flow State Performance

This is the first audio meditation suite offered specifically to help you think clearly and creatively, improve focus and cognition and perform optimally.

If you're reading this it means you now own one of the most powerful tools to help you eliminate brain fog, get your mind on track, and achieve the kind of mental clarity normally attainable only by high-performance minds.

Ultra Focus & Flow State Performance Does Five Important Things:

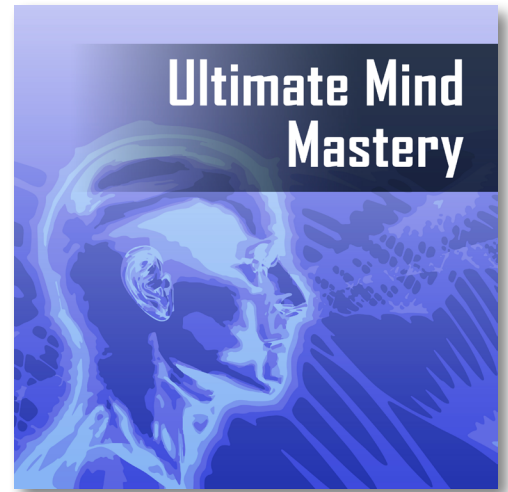
- 1) It helps you **reclaim your "stolen focus"** and get back to a state of high-performance attention, memory, and clear thinking. No more brain fog or distractions.
- 2) It helps you **achieve a Flow State** - a state of pure and focused attention usually reserved only for Zen masters, elite athletes, brilliant scientists, and others whose minds function at exceptionally high levels of creativity and clarity.
- 3) It trains and reconditions your brain to function like it did when you were young; full of mental vitality, energy, and clarity.
- 4) It teaches you how to **use your breath** to achieve superior focus and flow, get "in the zone," and experience a truly high-performance mind.
- 5) It uses a cutting edge audio technology, developed and improved exclusively for this collection, called **Lateral Carrier Boost**. (See below for more details)

What Comes With the Ultra Focus & Flow State Performance Suite?

Your **Ultra Focus & Flow State Performance Suite** comes with four powerful Holosync soundtracks. Let's explore them now.

Soundtrack #1: **Ultimate Mind Mastery**

Unlocking Flow States On-demand



How do people with the sharpest minds achieve great things?

Well, according to neuroscientists who've studied this, the answer is that they train their brains to achieve a Flow State - a state of near total focus on the task at hand.

The Flow State, sometimes known as “being in the zone,” is the Holy Grail of mental performance.

In a Flow State, external distractions are minimized, time flies by, and your mind becomes clear and sharp. Ideas and solutions to problems arise easily and clearly, and you're able to perform at your best.

The Flow State is the mental space that all-star athletes, brilliant scientists and innovators, and artists seek out in order to create, perform, and think at extraordinarily high levels.

Few people naturally achieve a Flow State on command. It can take years of discipline and training, and even then, such a powerful mental state can be elusive to all but the best minds in the world.

But with **Ultimate Mind Mastery**, which brings your brain into a sharply focused alpha state, you can enter a Flow State within just 20 minutes, and rediscover the full power of your focus.

Unlike most Holosync soundtracks, you can even listen while doing other things like studying, writing, or even doing your favorite crossword puzzle.

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 feeling extremely relaxed and "in the zone," a boost in creativity and concentration, a pleasurable release of positive neurochemicals, and an increase in feelings of peace and happiness.

Usage Info:

- 20 minutes
- Listen once or on repeat for up to an hour
- A descent and steady hold at Alpha
- 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

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

Soundtrack #3:

Zen Mindset

Sharpening Focus & Dulling Distractions



Our brains are capable of immense creativity, concentration, and brilliance. But many people feel that their brains are constantly cluttered and weighed down with excessive worries and distractions that keep their minds from functioning at their best.

The answer to this problem is *brain training* - conditioning the mind to easily enter a state of expansive awareness and laser-like focus. With **Zen Mindset**, you have a tool designed to do just that.

By listening to **Zen Mindset** for just 30 minutes per day, you can train your brain to be sharper, more focused, more powerful than before. After just a few listening sessions you'll find it easier to lock your attention on whatever it is you need to do.

With **Zen Mindset**, you can experience the mental clarity usually reserved for Zen monks or others who have trained their minds to attain unsurpassed mental clarity.

Zen Mindset draws your brainwaves down to a deep state, right on the edge between theta and delta, to help rid your mind of those distractions and mental "fog" that keeps you feeling "blurry-brained" and unable to focus.

If you feel like your brain is muddled with the “noise” of today’s world - the social media drama, the 24 hour news cycle, and the constant barrage of emails, ads, texts, and babbling screens clamoring for your attention - **Zen Mindset** is the solution that dissolves those distractions and frees up your mind to perform at its best.

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)

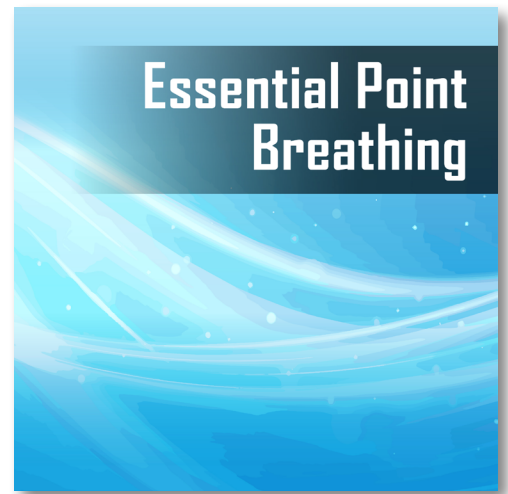
Users report feelings of deep relaxation, clearing away of “brain fog,” heightened focus and mental energy (after the session), and the release of stored tension. Note that some listeners may experience the release of old, stored-up mental and emotional material, which can be a crucial part of the brain’s reorganizational process this soundtrack can produce.

Usage Info:

- 30 minutes
- Listen once or twice per day
- A slow drop to a Theta/Delta cusp, with a gentle ascent back to high Alpha
- Use with headphones/earbuds, seated or reclining, eyes closed
- Includes Lateral Carrier Boost Technology
- Includes Autofonix Affirmation script
- Includes Musical and Natural Soundscape Versions

Soundtrack #4: Essential Point Breathing (Bonus)

Fueling Focus With Your Breath



The single most powerful natural tool your body has to achieve an elite mindset is *your breath*.

The breath can be used in hundreds of ways to change our state of mind, trigger the release of certain neurotransmitters, regulate our heart rate, lower cortisol, boost our immune response, and focus the mind.

In this simple guided exercise, you'll learn one of the most powerful breathing techniques to achieve razor-like focus and attention. **Essential Point Breathing** is based on the same technique taught to Navy SEALs in order to reduce stress, slow down, zero-in on their mission, and supercharge their focus.

Once you discover this simple technique you'll wish you'd learned it years ago. You can use **Essential Point Breathing** anytime you need to brush off distractions, rinse-away stress and worry, and focus.

Use it before that big meeting, or that stressful appointment with the dentist, or after a rough day at the office. Anytime you need to center yourself, clear your mind, and relax, **Essential Point Breathing** will do the trick.

Users report feelings of deep peace, centeredness, focus, and mental calm after practicing **Essential Point Breathing**.

Essential Point Breathing includes a version with full instructions, plus a version that can be looped for extended sessions. We recommend beginning with the version that includes the instructions until you've learned the exercise, and then to try the looped version for extended practice sessions.

Usage Info:

- Approximately 7 minutes
- Listen anytime you'd like to practice the Essential Point Breathing Technique
- Holosync with a steady hold at high alpha allowing you to stay focused and calm
- You can listen to the soundtrack using speakers to be guided through the experience. Or you can listen with headphones to receive the entrainment effect from Holosync as well as being guided through the experience.
- We recommend listening with headphones/earbuds, seated or reclining, eyes closed
- Includes guided (audible) Essential Point Breathing exercise
- Includes a version with instructions and without instructions

You can listen to one or more of these Holosync soundtracks each day, or select one to focus on for a week or more at a time. Feel free to listen according to your schedule but the more consistently you listen to any of the soundtracks, the faster the results will be.

All soundtracks are offered in high bitrate (320 kbps) for superb sound quality. You can stream all soundtracks directly from your Member Portal area, or download them to your smartphone or other device that supports mp3 audio formats.

And all three of the main soundtracks - Ultimate Mind Mastery, Attention Activator, and Zen Mindset - use Centerpointe's cutting edge Lateral Carrier Boost technology.

What is Lateral Carrier Boost?

First introduced by Centerpointe in 2021, **Lateral Carrier Boost** 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 is designed to increase the synchronous neuro-electrical activity between your two cerebral hemispheres, causing more connectivity 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."

And for the **Ultra Focus & Flow State Performance Suite**, this uniquely powerful technology has been improved and refined to work even better, with more carrier boosts per session.

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.

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

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 1 Affirmations - Ultimate Mind Mastery

- I am in the flow of creativity
- I am in the flow of great ideas
- I am in the flow of productivity
- I get great pleasure from working toward my goals
- Energy and ideas constantly flow into my life
- I stay centered, focused, and clear at all times
- I have all the energy I need to accomplish great things
- I am in the flow of new opportunities for success
- I have all that I need to succeed and thrive
- I am in complete control of my mind and memory
- I am in sync with the flow of life
- I am in alignment with all that is good and healthy for me
- I trust myself to make the right choices
- I am fully aware of each moment
- I have all the time I need to succeed
- I have the courage to step out of my comfort zone
- My mind directs my body to act in my best interests
- I am a source of inspiration, support, and encouragement to others
- Creative energy flows through me in great abundance
- Being in a Flow State comes easily and naturally to me

[Click here to return to Ultimate Mind Mastery Instructions.](#)

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.](#)

Track 3 Affirmations - Zen Mindset

- My mind is at peace
- I am present, here and now
- I am organized and prepared
- I focus on one thing at a time
- I am aware and mindful at all times
- I control my attention and avoid distractions
- I easily concentrate, for as long as I choose
- My mind is clear and open
- I am calm and centered
- I stay focused on my tasks
- I am clear on my intentions
- My memory is sharp and clear
- I easily solve any problems that arise
- I maintain crystal clear concentration
- I know when to work hard and when to take a break
- I am patient and persistent in all that I do
- My powers of focus are immense
- I know exactly what to do and act accordingly
- I immerse myself in my tasks to see them through to completion
- My mind is alert, attentive, and focused

[Click here to return to Zen Mindset Instructions.](#)