

Vibrant Mind

- *Violet Noise Therapy*

Info & Instructions

Congratulations on purchasing **Vibrant Mind - Violet Noise Therapy**, an exclusive add-on soundtrack to Centerpointe's Therapeutic Noise Suite!

Violet noise is a very unique noise field characterized by its power density, which increases as the frequency increases, producing more high frequency auditory stimuli.

Violet noise is known to produce heightened mental energy and feelings of bliss and happiness in listeners. It has been shown to improve mood and reduce feelings of lethargy and fatigue.

If you battle with "brain fog," low energy, a lack of clarity, or struggle with concentration, **Vibrant Mind** is the perfect pill-free solution.

It's like a sonic cup of espresso, but without the caffeine!

With **Vibrant Mind**, we've combined a violet noise field with a powerful Holosync entrainment session featuring gamma waves. Gamma waves are much higher than other brain wave states, including our normal wakeful state of beta. Gamma is associated with feelings of joy, compassion, happiness, clarity, and energy.

BONUS:

And we've included a natureescape violet noise version with the sounds of a bright, open country day, featuring daybirds and a refreshing breeze, the wind flowing through the trees overhead. It's sure to lift your spirits and recharge your mental and physical batteries!

Note - this soundtrack is intentionally designed to be more acoustically dynamic, with periods of low and high intensity sounds. These normal fluctuations will not change or diminish the effects of the noise field or HoloSync.

Listening Details & Instructions:

Ideal for:

- Boosting mental and physical energy
- Eliminating “brain fog”
- Improving concentration and focus
- Boosting mood
- Reducing lethargy and fatigue
- Improving memory and attention
- Best used in the morning or when you want an energy boost

Usage Guidelines:

- Listen at a comfortably low volume level (louder is NOT better)
- 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

Enjoy your new **Vibrant Mind** soundtrack, and as always, let us know if you have any questions or feedback!

By Phone: **503-672-7117**

Monday through Friday from 9am to 4:30pm Pacific.

Or by Email: **support@centerpointe.com**