

Voices Within

Transforming Self Talk

Part Two of the Centerpointe Shadow Work Series

If shadow work is about shining light into the hidden places of our psyche, then nowhere is that shadow more alive than in the way we talk to ourselves. For many of us, the most relentless shadows don't come from the outside world at all. They come from within - from the inner critic, the doubter, the harsh voice we've unknowingly inherited and repeated for years. These whispers shape how we see ourselves, limit what we believe we can achieve, and keep us bound to old stories that no longer serve us.

Voices Within - Transforming Self-Talk was created to confront that shadow directly - and to transform it into fuel that moves us forward on our life's journey.

Powered by Holosync, **Lateral Carrier Boost 2.0** and **Autofonix** technologies, these soundtracks gently uncover and rewrite the unconscious scripts that play beneath the surface. These are the subtle but powerful loops that quietly determine how you respond to challenges, how you relate to others, and how you view your own worth. Once revealed, these old narratives begin to soften, dissolve, and release - making space for new affirmations of clarity, compassion, resilience, and inner strength.

Why does this matter so much in shadow work? Because self-talk shapes and manifests every aspect of our reality. The words we

whisper to ourselves in our quietest moments reveal the deepest beliefs we've carried from childhood, from family dynamics, and sometimes even from generations before us. By bringing these inner words into the light, we can reshape the very fabric of our inner world. We don't just shift our self-talk - we change the story we live inside of. And in doing so, we reshape the shadows themselves.

Voices Within isn't about covering wounds with feel-good phrases or layering positivity over pain. It's about true reprogramming - restructuring the inner dialogue at its roots, where old beliefs first took hold. It's about cultivating an inner voice that empowers rather than criticizes, encourages rather than undermines.

This is where shadow becomes light. This is where the voice within becomes an ally, a guide, and a source of strength you can lean on in every part of your life.

Listening Guidelines

- Listen with stereo headphones or earbuds
- Listen in a quiet, distraction-free environment
- Listen while seated or reclining.
- Listen any time of day

You can listen to these soundtracks in any order that feels right for you. However, we recommend experiencing them in sequence at least once to appreciate the full progression of the journey. After that, feel free to return to the tracks that best match your current focus or intention.

The Soundtracks

Soundtrack #1: Meet Your Inner Narrator

Meet Your Inner Narrator is a powerful audio journey that brings you face-to-face with the voice inside your mind - the storyteller who shapes how you see yourself and the world around you. Guided by Holosync neuro-audio and layered with affirmations recorded with our proprietary Autofonix encoding technology, this track helps you tune into the patterns of your self-talk with clarity and compassion.

As you listen, you'll uncover the subtle scripts that have been running beneath the surface - some empowering, some limiting. Then, through gentle yet transformative affirmations, you'll begin to shift that inner voice into one of support, encouragement, and healing.

This isn't just about noticing your thoughts. It's about transforming your relationship with them. Meet Your Inner Narrator helps you step into a healthier dialogue with yourself - one built on self-trust, resilience, and growth.

- 20 minutes
- Strong neural driving effect
- Includes Lateral Carrier Boost 2.0
- Includes 6.5 Hz target (mid Theta) with ascent to 10 Hz (Alpha)
- Includes Autofonix silent affirmations

Soundtrack #2: Reframe & Rise

Your inner dialogue shapes every choice you make, yet too often it's an echo of old stories - harsh, limiting, and out of date. Release & Rescript is designed to help you let go of those unhelpful patterns of self-talk and replace them with words that support, strengthen, and uplift you.

Using Holosync brainwave entrainment and powerful Autofonix affirmations, this soundtrack guides you into a deeply receptive state where you can gently release the grip of outdated narratives. As those old scripts dissolve, new patterns of clarity, confidence, and self-compassion take root.

This isn't just positive thinking. It's a full reset of your inner voice, creating space for a kinder, stronger, more resourceful version of you to emerge. Release & Rescript helps you trade self-sabotage for self-support, doubt for resilience, and inner criticism for encouragement.

- 30 minutes
- Strong neural driving effect
- Includes Lateral Carrier Boost 2.0
- Includes 4.5 Hz target (low Theta)
- Includes Autofonix silent affirmations

Soundtrack #3: New Beginnings

Every great transformation begins with a single seed. New Beginnings is designed to plant the affirmations of positivity, healing, and success deep within your mind, where they can take root and flourish.

This uplifting soundtrack combines Holosync brainwave entrainment with carefully crafted Autofonix affirmations, guiding you into a receptive state where your inner dialogue shifts from limitation to possibility. With each listen, you'll release old patterns and nurture new ones that support confidence, resilience, and forward momentum.

The affirmations aren't just words - they're seeds of growth. Each one is planted in fertile ground, ready to blossom into clarity, joy, and lasting success in every area of your life.

New Beginnings helps you cultivate the inner environment where healing happens naturally, positivity flows freely, and success becomes inevitable. Listen often, and watch the garden of your life transform.

- 30 minutes
- Light neural driving effect
- Includes Lateral Carrier Boost 2.0
- Includes 5.5 Hz target (Theta)
- Includes Autofonix silent affirmations

Soundtrack #4: Words of Promise

The most powerful commitments you can make are the ones you make to yourself. Words of Promise is a soothing guided meditation that invites you to create and embody sacred promises - spoken from your deepest self, to your future self.

As you're guided into a state of deep relaxation, you'll begin to hear and affirm powerful vows of healing, growth, and self-compassion. These aren't lofty ideals or empty wishes. They're clear promises - living commitments - that strengthen your inner foundation and remind you of who you truly are.

With each breath, you'll anchor these promises into your heart and mind, transforming them from words into guiding forces for your life. The meditation blends Holosync® entrainment with gentle narration to help you internalize these commitments on both conscious and unconscious levels.

Words of Promise is more than a meditation. It's a personal covenant - a chance to honor yourself, reclaim your power, and walk forward with a renewed sense of trust, direction, and hope.

- 20 minutes
- Strong neural driving effect
- Includes 40 Hz target (Gamma) with descent to 9 Hz (Alpha)
- Includes audible affirmations

Additional Details & Frequently Asked Questions

What is “Neural Driving?”

Neural driving is the process of stimulating or “driving” the nervous system with Holosync sound frequencies. The stronger the neural driving effect, the more stimulus is being delivered to the brain and the more potential for significant shifts and changes in the way the brain functions.

Heavier neural driving effects can cause more in the way of unresolved mental and emotional material to be released, whereas lighter neural driving effects are used for certain listening sessions that entail more varied entrainment sessions, audible guided exercises, or higher target states.

It's important to note that while soundtracks with a stronger neural driving effect can potentially produce more in the way of catharsis (the release of old mental and emotional material), not every listening session will feel exactly the same or produce the same effect each time.

As always, you're encouraged to let your nervous system respond to any given session however it needs to in the moment and let each listening experience unfold without an attachment to a specific “effect” or experience.

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! The Voices Within 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 Voices Within 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 the Voices Within 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 **Voices Within** collection? We'd love to hear from you! Call or email today!*

Disclaimer:

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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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