

The Magical Wooded Path

Mindfulness for Kids (and Adults)

The Magical Wooded Path is a set of seven soundtracks, six designed especially for kids, the seventh for parents or other adults. Each track contains a relaxing 12 minute mindfulness-based meditation session using the Holosync neuro-audio technology.

Track #1:

The Path to Focus (with Francesca)

Track #2:

The Path to Wisdom (with Oliver)

Track #3:

The Path to Happiness (with Penelope)

Track #4:

*The Path to Centeredness
(with Montgomery)*

Track #5:

The Path to Kindness (with Dalrymple)

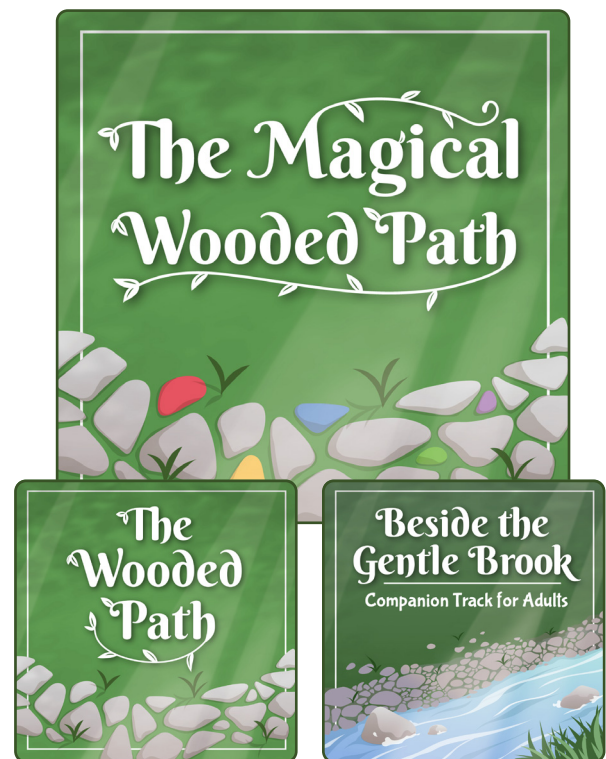
Track #6:

The Wooded Path (No Narration)

Track #7 (Adults):

Beside the Gentle Brook

Bonus: Fun Character Coloring Pages



These 12 minute soundtracks are designed to be listened to once or twice per day and will help your child relax into a calm and centered state. This can be especially helpful during times of emotional distress or to help dissipate built-up mental and physical energy. The tracks use a very gentle stimulus that can be used by children as young as six.

Children who listen can expect to feel focused, calm, and centered after just 12 minutes. (See notes below regarding “For Parents” for more info).

The Magical Wooded Path can be used to help children learn the valuable skill of mindfulness. Mindfulness can teach children to regulate their feelings and process their emotions in healthy ways. This allows children to be less reactionary, calmer, and more centered, and teaches them the value of self control and awareness. It gently brings brainwaves into a light alpha state and features a soothing musical soundtrack with a short guided visualization featuring a new character.

As a way to make listening even more fun, we’ve included a collection of unlockable characters designed by artist Melanie Ujimori. Each of these characters represents different aspects of mindfulness and self-awareness. We suggest that for every five listening sessions, a parent or adult unlocks a new character from “***The Magical Wooded Path***.” (It’s up to you to decide when to unlock a new character). Plus, each unlockable character includes a printable version designed for coloring.

Adult’s Companion Track: Beside the Gentle Brook

The adult track, **Beside the Gentle Brook**, is the companion track to ***The Magical Wooded Path***. It’s designed for adults and is also 12 minutes long, allowing parents or adults to listen along with their children if they wish. This track features a slightly deeper brain wave target state and a soothing musical and nature track ideal for helping adults release tension and attain a calm and tranquil state of mind. This track can be listened to on its own anytime to alleviate stress and worry.



Important Info & Usage Instructions

Please read all of the following information before using any of the Magical Wooded Path soundtracks

Instructions For Parents:

Thank you for purchasing ***The Magical Wooded Path***, Centerpointe's first audio meditation package designed especially for children (and adults).

This unique suite is intended to introduce children between 6 and 12 years of age to the experience of mindfulness meditation, as well as present a fun and engaging way to learn about five important elements of living mindfully.

In total, there are seven soundtracks that come with this suite. Six for a child or young listener, and one for you or another adult.

Five of the six soundtracks are designed for a child to listen to in sequence, whether daily, every other day, or as often as desired. Each track is 12 minutes long and includes a short narrated story introducing one of the whimsical creatures found along ***The Magical Wooded Path***. Each of the five "Mindfulness Masters" represents an idea, such as wisdom or happiness, described in an engaging and memorable way.

The sixth track is like the other five except that it is free of narration and can be used as a pure mindfulness meditation allowing time for reflection and contemplation with only the natural environmental sounds and Holosync on the track. This track is ideal to use after having listened to the first five tracks in sequence at least once through.

The seventh track is designed for you, the parent or adult, who wants to listen along with your child (or any time of the day). It's called **Beside the Gentle Brook** and features a slightly deeper brainwave target state and a soothing musical and nature track ideal for helping adults release tension and attain a calm and tranquil state of mind. This track is free of narration or any other verbiage and can be listened to anytime you want a "mental health break."

The Magical Wooded Path suite includes original artwork for each of the five creatures. This content is available in your Centerpointe Member Portal.

To extend the overall listening schedule, you can have your child listen to one track for several days in a row before moving on to the next one. The program was designed for the soundtracks to be listened to in sequence—**Fox**, **Owl**, **Panda**, **Monkey** and **Dragon**—as they tell a powerful chronological story.

How often your child listens and how you decide to share the character artwork with them is up to you. Some parents choose to "reveal" the whimsical characters after the child has listened to the associated track, as a fun motivator.

For example, on Day One your child can listen to Track 1, **Path to Focus**, to hear the story. Following the session you can log into your Member Portal to reveal the character referenced in the story (**Francesca the Fox**, in this case). On Day Two, your child can listen to Track 2, **The Path to Wisdom**, and you can reveal **Oliver the Owl** after the listening session, and so on.

While it's up to you to decide how best to schedule your child's listening sessions, listening consistently (once daily) will yield the best results.

And remember to always use headphones or earbuds while listening. Children should listen while seated or reclining, eyes closed, and in a quiet, distraction-free environment. We know this can sometimes be a challenge which is why we've included the narrative story to help keep your child's attention during the short 12-minute listening sessions.

We have also included a printable PDF coloring page for each of the characters from ***The Magical Wooded Path*** for your child to color. This can be a fun, added incentive for your child to complete their listening sessions.

Remember that the suite includes a version of the 12-minute meditation with no narration, which may appeal to older children or those who have already listened to the narrated story, but continue to enjoy the relaxing listening sessions.

A Note About Holosync & Children:

Holosync is a powerful but safe form of neuro-audio technology used by over two million people since 1989. Holosync is used to alter brainwave patterns to match those of relaxation, sleep, deep meditation, focus, etc. The overall potency of Holosync on any given soundtrack is determined by the carrier frequencies used and a few other factors.

While we have traditionally offered Holosync in potent forms designed for the adult nervous system, this suite uses a very gentle version of Holosync for children six years and older and targets a shallow alpha brainwave pattern (a state of light relaxation and calm focus). Because of the gentleness of these Holosync tracks, children can listen up to three times per day to any one- or any series-of the tracks other than **Beside the Gentle Brook** (which is intended only for adults or teens over 16 years of age).

While most children will find the soundtracks to be very soothing and pleasurable, do note that some children might occasionally have an emotional reaction to listening. This happens in the form of a release of stored up stress or tension and might take the form of crying, fidgeting, or other signs of momentary discomfort.

This is a very normal and temporary reaction for some listeners, whether adults or children, and will pass very quickly. As it passes, children often feel much calmer and happier (having just released the weight of heavy, stored-up emotion). We mention it here so that you can be prepared to be supportive should such a reaction arise.

Just as with adults, the best approach to managing an emotional release for a child is to acknowledge it (don't try to repress it), and allow it to unfold in a safe and supportive environment.

Please read the "Instructions for Kids" section below. It's important that your child read this information—or have it read to them—before listening, so they can get the most out of their listening experience.

As always, our Support Team is here to help if you have questions. Give us a call at **503-672-7117** between 9:00 am and 4:30 pm PST, Monday through Friday. Or, email us anytime at support@centerpointe.com.

Instructions for Kids:

To be read by (or to) a child using these soundtracks

Would you like to meet the residents who live along ***The Magical Wooded Path***? There are five fun and relaxing soundtracks for you to listen to, each with its own story about a character with something special to share with you. Each soundtrack is like a short chapter in an audible book.

Make sure to ask your parents or another adult for help getting started. They can help you begin with the first soundtrack and set aside time for you to listen to the others in order.

There is a sixth soundtrack you can also listen to anytime you want to relax without listening to any story-telling on it.

When you're ready to listen:

Find a comfortable and quiet place to sit and relax. Be sure to close your eyes and try not to talk or do other things while you listen to the stories unfold.

And be sure you wear headphones or earbuds and listen at a soft volume (never turn it up loud as this can hurt your ears!). Turn it up just loud enough to hear the storyteller's voice.

You can listen first thing in the morning when you wake up, or in the afternoon, or even just before bedtime. It's up to you and your parents to decide.

As you begin to hear the sounds, try to relax and breathe easily, letting your mind create the images being described. If you start to feel sleepy or forget to pay attention to the talking, don't worry, just let yourself drift off if you feel like it. You can always decide to listen to the same track over again in case you miss any part of the story.

Once the talking stops, just relax and listen to the music with your eyes closed until the soundtrack comes to an end. When you're done listening, take a minute to relax before getting up.

Sometimes our bodies can try and distract us by moving around or getting restless. If you notice this happening, take a couple of deep breaths and try to relax and settle into a still and comfortable position again. If you have an itch or need to adjust your position a little bit while you listen, that's okay, but try to remain calm and sit still as much as you can. Even if you feel a little restless the whole time, don't worry. Try again tomorrow!

If you have any thoughts or feelings that distract you, just notice them without spending too much time thinking about them. Even if they pop up several times, don't worry. Just notice them when they're there and eventually they will go away.

Whatever you think or feel while you listen is okay. It's even okay to feel bored sometimes. You might even feel a little sad, or excited, or sleepy. There's no wrong feeling!

If you have thoughts or feelings that you aren't quite sure what to do about, be sure to talk to your parents or another adult. They have probably had the same experience and can help you with that.

You can listen to any of ***The Magical Wooded Path*** soundtracks once, twice, or three times per day if you wish. It's best to listen at least once a day for several days because over time your brain will get more and more used to the experience, and it will help your brain get better at things like thinking clearly, memorizing, and solving puzzles. Plus, if you listen each day for several weeks you will probably find yourself feeling happier and having more fun.

And remember to check out all the "Mindfulness Masters" from ***The Magical Wooded Path***. They're colorful and fun and sort of magical! Each one has something special to share with you. Plus, you can ask a parent to print out a coloring page of each character, to color any way you want!

So now that you have read this information, you can tell a parent that you're ready to get started by listening to the first track! Get ready to meet **Francesca the Focused Fox!**

And have fun!



Instructions for using *Beside the Gentle Brook* (for adults)

The ***Magical Wooded Path*** includes a track designed for adults called ***Beside the Gentle Brook***. This track can be listened to at the same time your child is listening to one of their soundtracks (all tracks are 12 minutes in length) or it can be listened to any other time of the day.

Beside the Gentle Brook is slightly stronger in potency and draws the brain down a little deeper into the Theta state than the children's tracks, which targets Alpha. It's designed to induce a state of deep calm and relaxation, and to ease mental and physical tension. There is no narration or other verbiage on this soundtrack.

As with all Holosync soundtracks, use stereo headphones or earbuds while listening and sit in a comfortable position, eyes closed, in a distraction-free environment.





Some Things to Remember:

- Parents or adults, be sure to read the section “For Parents” before playing any of the soundtracks for your children.
- Always use stereo headphones or earbuds. While the soundtracks can be enjoyed without the headphones, 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. 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 else that requires your 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 to the listening session it needs to at the time.

Frequently Asked Questions

Q) “I hear a slight 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 do detect the 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 there inaudible affirmations on these soundtracks?”

- A) None of the soundtracks in **The Magical Wooded Path** include inaudible affirmations or other encoded verbiage.

Q) “Are my headphones or earbuds good enough?”

- A) While some Holosync soundtracks do use carrier frequencies low enough to necessitate headphones with a wide frequency response range, this is not an issue with your **Magical Wooded Path** soundtracks. Any normal stereo headphones or earbuds will work.

Q) “Will the soundtracks work better at a louder volume?”

- A) No. Listening at loud volume levels is not recommended. It could damage your hearing and will not improve the effects of the soundtracks. We recommend listening at a comfortably low volume. Be sure to test the volume level yourself before letting your children listen.

Frequently Asked Questions (cont.)

Q) “Which track should my child listen to first?/Is there a sequence?”

A) The first five soundtracks of ***The Magical Wooded Path*** should be listened to in sequence, although not in one sitting. We recommend listening to Track #1 (**Path to Focus, with Francesca**) once per day for the first 3 to 5 days, and then moving on to Track #2, and so forth.

Or, each of the five tracks can be listened to in sequence over the course of five consecutive days. So, Day 1: Track 1. Day 2: Track 2, etc.

After completing the five soundtracks, children can then start over to listen again to the stories, or switch to the narration-free version. See the instructions for more details on scheduling listening sessions and more.

If you have 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. **503-672-7117** Or you can email support@centerpointe.com.

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