



# The Holosync Solution™

## Frequently Asked Questions

### Why is it important that I listen to the introduction?

The instructions contain information that is vital to understanding the program. You may want to refer back to it again in the future.

### How do I use The Dive?

This is the first of two main program soundtracks. The Dive contains the sound of rainfall, with Tibetan crystal bowls. It is to be used alone, once per day (30 minute session), for the first two weeks of your listening routine. The Dive is a rapid descent from a high alpha state to delta. Be sure to review ALL of the Program Instructions for complete details on using your main program soundtracks.

### How do I use Immersion?

This is the second of the main program soundtracks. It is designed to be used immediately following The Dive. Remember, listen to The Dive alone for the first two weeks. Then begin listening to The Dive and Immersion together. Immersion sounds like rainfall (no crystal bowls). Listening to it alone will not produce a meditative effect; The Dive should always be listened to before Immersion. Immersion holds brain waves in a steady deep delta state. After four weeks, immersion can be used twice in a row, making a 90-minute session (The Dive for 30 minutes, followed by Immersion for 60 minutes). Be sure to review ALL of the Program Instructions for complete details on using your main program soundtracks.

### How do I use Quietude and how is it different from The Dive and Immersion?

The Dive and Immersion are the priority soundtracks of the program. However, you can enhance your personal growth experiences by working with the additional soundtracks (Quietude, Oasis and Super Longevity) as time permits.

Quietude puts the listener into an alpha brain wave pattern, a state of relaxed yet focused attention known to many as the state of “super learning”. This is a state where you are able to take in, store, and remember information at a much higher level than normal. Many people play Quietude just as background music around the house (though it will not put you in an alpha state unless there is stereo separation), but the best use is to listen, with headphones, while reading, studying, or learning. If you’ve ever had the problem when reading of getting to the bottom of the page and realizing that while your eyes went over the words, you have no idea what you just read, you will love Quietude, because listening to it while reading will keep you effortlessly focused.

### What is Oasis used for?

Oasis places you in a theta state, which is a state of enhanced creativity and problem solving. It is the state Thomas Edison used to enter during his famous catnaps where he solved problems relating to his inventions. If you review the elements of a problem and then listen to Oasis, with headphones, remaining receptive to ideas that may come to you, you will be amazed at how creative your mind will become.

### How do I use Super Longevity and how are the tracks different?

Super Longevity is a two-track set, both tracks entraining to a relaxing theta level. Both tracks contain affirmations (printed on the packaging) pertaining to health and longevity. On track 1 the affirmations are audible, while on track 2 they are subliminal (consciously inaudible). Either soundtrack can be used at one sitting. Some people enjoy alternating the audible and subliminal versions from day to day, while others will focus on one of the two tracks for extended periods.

## **What kind of headphones and stereo system should I use?**

Any stereo headphones and CD player will work, though obviously the better the quality of the equipment, the better the sound quality. Equipment quality will not change the effectiveness of the Hologync® sound technology, however, so it is not necessary to spend a lot of money on equipment. In the deeper levels of the program you will need headphones that will reproduce the lower carrier frequencies used. We will notify you when you get to a level of the program where this is necessary. Until then, any standard stereo headphones and player will work fine.

## **Do I need to use headphones?**

Yes. The Hologync technology depends on a stereo effect in which each side of the brain is presented with a different tone. Stereo separation is absolutely necessary. Listening over speakers is only partially effective because the sound will bleed from channel to channel. Always use stereo headphones for any Centerpointe soundtrack unless otherwise noted.

## **Can I listen while I do other things?**

You should listen to the soundtracks exactly as described in the Program Instructions, which is sitting down, eyes closed. Other use is less effective. If you wish to have a second listening session on a given day, you could then listen while doing some other task, but always do at least one session exactly as the directions indicate. Since the soundtracks put you in an altered state, never listen while driving or operating equipment.

## **What happens if I miss a day, or if I cannot use the program for several days?**

It is best to use the program every day, but sometimes life does not work out in such a way that this is possible. Missing a day is okay, and you should adjust your use of the program to fit your lifestyle. Every day is best, but if you can only do five times a week, or every other day, that is fine. For optimum results, follow the instructions exactly.

## **Can I listen all night?**

No. Listening for extended time periods can give the brain too much input and bring too much unresolved unconscious material to the surface, just like too much exercise can be harmful to the body. Listening all night, or even for several hours, can often create a state of severe overwhelm, resulting in a slow-down of your progress. Again, it is best to follow the instructions closely.

## **Does it matter if I fall asleep while listening?**

It is very common in the beginning to nod out while listening. The main program tracks take you into theta and delta brain wave patterns, those of sleep, and your brain is also making a lot of very relaxing neurochemicals, including endorphins. The combination can make you drift off. As you use the program and the brain begins to reorganize itself, you will gain the ability to remain alert throughout. Falling asleep is really one of many signs that the brain is really being pushed.

## **If I don't have a lot of unconscious material coming up, does that mean it's not working?**

No. There are literally hundreds of possible ways the nervous system can respond to the stimulus. Some people have no upheaval at all, some have a small amount, some have a lot. Your response will be determined by the state of your nervous system, the contents of your unconscious mind, and your own personal predisposition to resist or not resist whatever changes are happening in the brain. Just realize that whatever experience you are having, it is the exact experience your brain needed to create at that moment to make the changes it is making. The changes occur regardless of how much unconscious material you are aware of.

## **Can I listen while driving?**

No. Since Hologync technology creates an altered state, it is not a good idea to listen while driving or operating equipment.

## **What if I don't feel like I'm in a deep state?**

Your subjective experience of whether or not you are "deep" is really not reliable. Often lots of thoughts and other distractions that we ordinarily would not associate with being in a "deep" state are happening because you are so deep that a lot of unconscious material has been stirred up, and takes the form of random thoughts and/or other distractions or sensations. While we all like the meditative, trance-like state often created by Hologync, it would be a mistake to assume that this is the only beneficial or

desirable experience. Let the brain do whatever it needs to do to make the changes it is making, and do your best to just notice whatever happens with curiosity. It is not possible to use this technology without the brain changing, any more than it is possible to exercise without your body changing.

### **Can I use The Dive at one time of day and Immersion at another time of day? Or, can I just use Immersion without first using The Dive?**

Immersion is designed to follow The Dive soundtrack. The Dive gradually takes you from your normal everyday beta brain wave pattern to a deep delta brain wave pattern. Immersion then continues to hold you in that deep delta state, where the greatest amount of change occurs in the brain. If you use Immersion without using The Dive first, the difference between the electrical patterns in your brain at that moment and those induced by Immersion may be so different that the brain entrains to a harmonic, or multiple, of the brain wave pattern we are looking for. Instead of a 2.5 cycle per second delta rhythm, you may only achieve a 5 cycle per second theta rhythm, or a 10 cycle per second alpha rhythm. If you have less than an hour for listening, just use The Dive, followed by as much of Immersion as you have time for.

### **If I am distracted by sounds, by my body, or by my thoughts or feelings, will it alter the effectiveness of the program?**

No. Don't worry about your responses, or the state you seem to be in while listening. Just let whatever happens, happen. It does not matter if you attain any particular state, or if your mind is quiet. The brain is creating various experiences as it responds to the stimulus we are giving it, and they are all exactly what needed to happen at any given time. There are experiences we like better than others, but there are no "wrong" experiences.

### **What is the best time of day to listen?**

That is up to you. Some people like to listen in the morning just after getting up. Others like to listen right after work to revive themselves after a hard day. Others like to listen later in the evening, before bed. It is good, though, to have a set time of day so your listening session becomes a habit, like brushing your teeth. If listening before bed makes it harder for you to fall asleep, do your listening at another time.

### **Can I listen lying down?**

Sitting up, in a comfortable chair, is best. People have been meditating in a sitting position for thousands of years because the energy travels more easily through the body in that position. If you have back problems or some other condition that prevents you from sitting up, you may lie down. Otherwise, sit upright for best results.

### **I'm really pressed for time. Can I listen as I fall asleep at night?**

Again, sitting up is best, but lying down, and/or listening as you fall asleep at night is better than not listening at all. A better solution for people who absolutely do not have time to do the regular hour a day session, is to wake up one hour early, put on the headphones while still lying in bed, listen to the soundtracks, then get up. You will feel better than if you had slept that last hour.

### **Why do you ask participants to use The Dive only for the first 14 days before adding the Immersion soundtrack?**

Listening to The Dive alone for the first two weeks allows the brain to adapt to the process of getting into a deep state rapidly, and to the presence of the low carrier frequencies. More importantly, it produces momentum in the system, generally speeding up results.

### **Sometimes I feel antsy while listening to the soundtracks. What does that mean?**

It means that a lot of unresolved unconscious material is being stirred up and, due to some unconscious resistance, is manifesting as physical discomfort. The follow-up support letters discuss how to deal with this. See it as a sign that things are working! Your system will sometimes tell you that it's feeling the "push" of Holosync. Such reactions are usually very mild, temporary, and a good indication that there are shifts taking place. There can be hundreds of possible momentary reactions to listening to Holosync, none of them "wrong."

## **Are there any subliminal messages on the Awakening Prologue soundtracks?**

No. All of the effects are due to the interaction of Holosync sound technology (which carries no actual “information”) with your nervous system. In the custom made levels we add silent affirmations that are chosen by you and recorded in your own voice, but even then, the driving force of the program is Holosync, pushing the brain to reorganize at higher, more effective levels of functioning.

## **I have hearing loss. Will the soundtracks work on me?**

As long as you have some hearing, they will work. And, you do not need to have equal hearing in each ear. Any hearing in one ear will be enough. People have even reported results when the hearing was entirely by bone conduction. If there is total nerve loss, no signal will reach the brain and the program will not work, however.

## **How long before I experience results?**

Everyone is different. Some people call after one or two days to tell us of dramatic shifts they have experienced, but for most people things happen more gradually. This is not a “thirty-day miracle” like many programs claim to be. Asking “when will the results show up” is kind of like asking your running coach “when will I show results from my daily running?” Actually, Holosync begins to create change the first time you use it, but you may not notice the changes for a few weeks or even a few months. It is, though, impossible to expose yourself to this stimulus on an on-going basis without dramatic positive changes happening. So be patient. Deeply rooted conditions can take time to work through, but if you persist, they will change.