



Detailed Instructions for using *Awakening Prologue*

1. First, to acquaint yourself with the program and how it works, listen to the CD entitled **An Introduction to The Holosync Solution™**.
2. Next, to begin your actual daily use of the program soundtracks, listen to the soundtrack entitled *The Dive* (CD 2, track 1). This soundtrack will gradually take you, over a thirty-minute period, into an alpha brain wave state, then into a theta brain wave state, and finally into a deep delta brain wave state. Listen in a comfortable sitting position with eyes closed (not while doing other things). Sit in such a way that your back is supported if you desire. If you have a back problem (or are just lazy), you can listen lying down, on your back. It is absolutely necessary to use a stereo headset with these soundtracks. Any standard stereo headphones will work—no special audio equipment is needed. Sound volume is not important so long as the level is comfortable for you.

If you have been using another meditation practice, such as watching your breath or repeating a mantra, you may continue to do this as you listen if you like. The Holosync Solution is completely compatible with other practices you might do at other times of the day.

All you really need to do is to listen to the soundtrack and let your mind do whatever it wants as you listen. Unlike traditional meditation, where you must focus on something in order to attain the brain wave patterns of meditation, Holosync® technology creates these brain wave patterns for you. For that reason, you may let your mind do whatever it wants while you listen, without focusing or thinking about any particular issue.

It is not necessary for the mind to be still for the program to work. Times when your mind is very busy, or when you do not feel “settled” while listening, are times when lots of stresses are being released. Though less pleasant than the times where you may experience the deep, trance-like state Holosync is known for producing, these are often the most productive meditations in terms of your overall growth. Let whatever happens as you listen be okay.

At the conclusion of *The Dive*, stop your machine and continue to sit quietly for three to five additional minutes (longer, if you desire). **This allows the release process time to complete itself and will lessen the amount of emotional material you might experience as you move into the rest of your day. The more impatient you feel to jump up and go back into activity, the more important it is to rest for this short time period before getting up.** Use *The Dive* in this manner for the first 14 days.

3. After 14 days of listening to *The Dive* only, once each day, begin listening to *The Dive* (CD

2, track 1) for the first 30 minutes of your listening session and then *Immersion* soundtrack (CD 2, track 2) for the second thirty minutes. *Immersion* is a continuation of *The Dive* and will hold you in a deep delta state for an additional 30 minutes.

Do not use *Immersion* unless you have first listened to *The Dive*, as it may not work properly if you do not use *The Dive* first. Always listen to *The Dive* for the first 30 minutes, followed immediately by *Immersion* for the second 30 minutes.

After four weeks, the length of your meditation may be extended, if you like, to an hour and a half by listening to *The Dive* for a half hour and *Immersion* for an hour (ie, twice). **This additional half hour is optional, and should only be done if you can easily handle an hour. An hour each day, however, is quite enough for the program to work.**

Do not be concerned if your mind is busy while listening, or if you are sometimes not physically or emotionally comfortable when listening. Often unconscious material and other stresses are stirred up by the technology and take the form of random thoughts or other distractions. The times when you do not feel settled are often the most productive meditations, even though they don't feel as good. **Let whatever experience happens for you be okay and just watch it go by.**

Be sure to read the enclosed *Frequently Asked Questions* sheet, which will cover most questions you may have about the technology and the possible experiences you might have.

4. Your bonus soundtracks, *Quietude*™ and *Oasis*™ **are not part of the program per se**, and may be listened to anytime. These soundtracks utilize the Holosync technology at the alpha and theta levels respectively and, like all Holosync recordings, require stereo headphones. Many people like to use *Quietude* while they read, study, or work, as it induces a focused, super-learning state. *Oasis*, since it induces a theta brain wave pattern, the pattern of heightened creativity, can be used as an aid to problem solving. Review all the aspects of the situation or problem, then close your eyes and listen to the *Oasis* soundtrack, using stereo headphones. Let go of thinking about the problem, but be receptive to ideas and hunches that may appear in the mind. Make *The Dive* and *Immersion* the main focus of your listening and listen to the others at your convenience.

5. Occasionally Holosync technology may push you in such a way that you become emotional or have other uncomfortable responses. Should this happen we suggest you call the Telephone Hotline (503) 672-7117, 9:30 to 5:00, Pacific time, Mon-Fri, or email us at support@centerpointe.com. We can often help you clear up many things very quickly over the telephone or through a fast email exchange. In rare cases, you may wish to stop your use of the soundtracks for a day or two until you are feeling better. This is a natural process and is nothing to worry about. Most people have only a minor amount of upheaval, and many have none at all.

How to tell if you are ready for the next level:

If all four of the following have been met, you are ready to move to the next level: 1) You have completed at least four months of use of *Awakening Prologue*, 2) any physical, mental, or emotional

upheaval you may have experienced as a result of using the program have smoothed out, 3) you are able to remain fully conscious during the great majority of your listening sessions when listening sitting up, 4) you have a feeling that the soundtracks are not as powerful or do not have the same impact they once had. Remember, all four of the above should be met before going on to the next level.

To move on to the next level of the program: When to move on is entirely up to you. When you feel you are ready to go on to Awakening Level 1, where we increase the power of the Holosync technology and begin to custom-make the soundtracks, adding silent affirmations chosen by you and recorded in your own voice, call our office at 1-800-945-2741 or visit the “Participants” section of our website, www.centerpointe.com.

FREE email newsletter:

Please sign up to receive *Mind Chatter*, our free monthly email newsletter, with articles, book reviews, and other interesting info about the program and other personal growth issues. To sign up, go to www.centerpointe.com and click on “Newsletter.”

If you have any questions, comments, or problems, if the soundtracks seem to be working too well, or not working at all—anything—call the Telephone Hotline at **(503) 672-7117** or email us at support@centerpointe.com.

Our policy regarding replacement of defective or malfunctioning CDs:

Please call or email us (support@centerpointe.com) immediately if something goes wrong with one of your CDs and we will replace it immediately.

One Year Money Back Return Policy:

A return authorization number is needed for returns and will be issued within one year of shipment of package to customer. To receive a return authorization number please call **(503) 672-7117** between 9:30 and 5:00 Pacific time. Return authorization numbers must be plainly visible on the exterior of the returned package. Return authorization numbers are good only for 7 days. Items returned under the one year guarantee must be returned in good condition. The one year guarantee period expires one year from the date product is shipped and refunds will not be issued for product returns received after that date. Orders must be returned with all items originally sent, other than those items specifically designated as free items to be retained by purchaser. Purchaser is responsible for shipping or postage charges on returned items. All postage must be prepaid. For your protection insure and/or register the package. Any suspicion of duplication will void all guarantees. Buyer understands that shipping is a service and is not refundable.