



- 1. Holosync® Helps to Deepen  
Mediation Video Transcript**
- 2. Holosync® Creates More Inner  
Peace Video Transcript**
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Success Video Transcript**
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Trauma Video Transcript**
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Health Video Transcript**
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Clarity Video Transcript**

# **“With *Holosync*®, you can meditate more deeply than a Zen monk, the first time and every time...**

***“Experience all the benefits of meditation in a fraction of the time...***

Hi. I’m Bill Harris, creator of *Holosync* and Director of Centerpointe Research Institute. Thanks for your interest in *Holosync* and for listening to our free *Holosync* demo soundtrack. Though the demo isn’t as powerful as the full program—and with a simple demo it’s more difficult to see the incredible long-term changes *Holosync* creates—you can certainly tell that *something quite remarkable is happening*.

**These are the outer signs of some quite significant changes happening in your brain.** So let’s talk about the long-term effects of *Holosync* so you can see...

**...just how powerfully  
*Holosync* will change your  
brain, and your life.**

When you requested the demo you said you hoped that *Holosync* would help you *experience deep meditation and a much greater spiritual connection*. Can *Holosync* really do that?

Yes. Absolutely.

In fact, with *Holosync* you’ll not only meditate much more deeply than with traditional methods—you’ll also experience all the benefits of meditation, but in a fraction of the time...

**...in fact, about 8x  
times faster.**

*Holosync makes meditation easy*. You’ll meditate deeply every time, without the struggle, and without spending fifteen or twenty years perfecting a technique.

Now, many long-time meditators are skeptical that this is really possible (as I was)—until they actually experience *Holosync* (especially as they use it over time, and the benefits unfold).

**These benefits include:**

- **Incredible, laser-beam mindfulness...**
- **More self-awareness...**

- **A feeling of deep spiritual connection...**
- Improved health, well-being, and vitality...
- **Less stress...**
- Greater calmness and inner peace and less reactivity...
- **More compassion...**

...and many other benefits, both practical and spiritual.

**So how does *Holosync* create such deep meditation and give you all these benefits so quickly?** In the 1970s, scientists at the world-famous Menninger Clinic identified the exact electrical brain wave patterns created by experienced meditators. Being a meditator, I thought this information was very interesting.

Then I stumbled on a paper by a researcher at Mt. Sinai Medical Center in New York named Dr. Gerald Oster (if you want to look it up it's called "Auditory Beats in the Brain", and it's in the October 1973 issue of *Scientific American*).

This article describes how certain precise sound patterns delivered to the brain through stereo headphones can change your brain wave patterns. This method can be used to create any electrical brain wave pattern. Could I use it, I wondered, to create the brain wave patterns of meditation?

**Wouldn't that be amazing?!**

If so, would it create the same results? Could it possibly work even better? After sixteen years of traditional meditation, and I had my doubts. I was curious enough, though, that I and a few friends started to experiment.

What happened blew us away. The results were so profound, and happened so quickly and easily—that we could hardly believe what happened! Not only did it create super-deep meditation, but as the weeks went by my friends and I experienced a number of...

**...significant mental, emotional  
(and even spiritual) changes.**

**In fact, I experienced more progress in my spiritual growth in the first year of using this new high-tech method than in *my entire previous 16 years of traditional meditation!***

My friends (who were also experienced meditators) had similar experiences. I spent the next several years experimenting and tweaking the exact frequencies I used, and other aspects of the

technology (too boring to go into here) and named my version of this new technology *Holosync*—and in 1989 I started Centerpointe Research Institute to make it available to other people like you who are also interested in meditation,...

**...and who also want to get all the benefits, but much more quickly.**

Now, many years later—with feedback from nearly 2 million users in 193 countries—we've refined *Holosync* so that it's *even more effective than the original version that so impressed us in those early days*.

**So let me make you a firm promise:**

*When you use Holosync, you'll experience an acceleration of your meditation practice and a quickening of your spiritual growth that will amaze you. And, as you'll see, meditating with Holosync is as close to effortless as anything can be, while at the same time...*

**...delivering dramatically better, more tangible results.**

**Countless studies have confirmed the benefits of meditation.** You probably already know that meditation reduces stress...increases focus and concentration...improves well being...reduces anxiety and depression...and increases happiness.

And, of course, there are all the well-known spiritual benefits.

Major magazines, including *Time* and *Newsweek*, have devoted entire issues to the many benefits of meditation. *Unfortunately, though, meditation is difficult to master.* It can be tedious and frustrating, and results come really slowly. Many people have trouble sustaining a regular meditation practice.

**Most quit before they see significant results.**

*Holosync*, though—in addition to giving much better results—is easy. And, it's so pleasurable that you'll look forward to meditating--instead of putting it off. Thousands of people have told me over the years that *they easily stuck with Holosync meditation...*

**...even though they had trouble  
sustaining a traditional  
meditation practice.**

Sometimes traditional meditators ask me: Is *Holosync* a “crutch”? I once worried about that, too. What I found, though, is that as I used *Holosync* *my ability to be mindful and to meditate deeply without Holosync kept increasing.*

And, all the benefits I was getting were *permanent* (though they happened much faster). I was interested in results, and *Holosync created more results than traditional meditation.*

**By far.**

It will do the same for you, I promise. At least two Zen masters I know and many Zen teachers (and many other top personal growth teachers) are ardent *Holosync* users. **“Meditate like a Zen monk at the touch of a button” is NOT just a slogan.**

With *Holosync* you meditate deeply right away—and quickly see significant results. In fact, you’ll experience many of the things you’ve read about in books about meditation...

**...but never—or rarely—experienced  
with traditional methods.**

If you’ve ever felt frustrated with your progress, or your ability to stick with a meditation practice, *you will love Holosync.*

**Of course, *Holosync* will do much more than just create deep meditation.** It will increase your feelings of well-being...your ability to focus and concentrate...your creativity...and your intuition.

You’ll feel happier, more centered, and more alive. Dysfunctional emotions—such as anger, fear, depression, confusion, anxiety, and addiction—will fall away.

**And, you’ll feel a deeper connection  
to other people, and to the  
rest of the world.**

Look, all I want is the opportunity to prove it to you. *Holosync* changed my life many years ago, and since then...

**...it's changed the lives of nearly two million other people in 193 countries.**

It will change your life, too, I promise.

And you don't have to take my word for any of this because ***Holosync* has a no-risk One-Year Money-Back Guarantee**. That means you can try it for an entire year, with absolutely no risk, and find out exactly what *Holosync* will do for you.

**At the end of that time if you don't think it's done everything I've said, return it and you'll get your money back.** Very few exercise this guarantee, though, because *Holosync* really works and those who use it go around telling everyone they know that they should be using it, too.

*Holosync* isn't new, and it isn't "unproven". As I said, nearly 2 million people in 193 countries have used *Holosync* to improve their lives.

**So why not be one of them?**

I've told you how you'll benefit—mentally, emotionally, in terms of your health and stress level, and even spiritually. And, believe me, if anything...

**...I'm underselling these benefits.**

***So what exactly do you get when you join*** this amazing program—and also, how do you use *Holosync*? First of all, you use *Holosync* by listening with stereo headphones, with closed eyes, sitting quietly, as in a meditation. (The headphones are necessary so we can target the left and right sides of the brain with the *Holosync* stimulus.)

**The core of the program consists of** two soundtracks that actually go together: ***The Dive*** and ***Immersion***. ***The Dive*** begins by placing you in an *alpha* brain wave pattern, the brain wave pattern of meditation, deep relaxation, joy, superlearning, and several other beneficial states.

**Then, we gradually slow your brain waves** into a deeper *alpha* state, then still slower and deeper into a *theta* brain wave pattern, and finally into *delta*...

**...the deepest, slowest brain wave pattern.**

There are tremendous benefits to each of these brain states, which I won't go into here. After a period of several days of using ***The Dive***, you add the ***Immersion*** soundtrack, which holds you in the *delta* state you achieved with the *Dive*, increasing the length of your listening session, and increasing the benefits you receive.

You really will, as we often say...

**“Meditate like a Zen monk at  
the touch of a button”.**

**You’ll also get several other special *Holosync*® soundtracks with Awakening  
Prologue:**

++ *Quietude* holds you in an *alpha* brain wave pattern, putting you into the perfect brain state for focus and concentration, learning, studying, or detail work. If you listen to *Quietude* while doing these things, you’ll not only retain the information in a way that will amaze you...

**...you’ll also be able to focus and  
concentrate for hours without  
getting tired or burned out.**

++ *Oasis* takes you into the deeper *theta* brain wave state, a state of *increased creativity, intuition, problem solving*, and what psychologists call *integrative experiences*—where you suddenly see a problem, a situation, or your entire life...

**...in an entirely new and  
more resourceful way.**

++ *Super Longevity* is a two-soundtrack set I made with Dr. Vincent Giampapa, a noted longevity researcher and past president of the *American Board of Anti-Aging Medicine*.

*Super Longevity* is specially engineered to create *powerful changes in three important brain chemicals related to longevity, stress, and better health: DHEA, cortisol, and melatonin*.

++ *We’ll also send you another special soundtrack*, worth \$25, about a week or two after you start the program, at no charge.

**I’m going to keep that one a  
secret for now, though!**

++ *You’ll also get extensive education, follow up and support—one of the most important aspects of the program*. You’ll receive a *series of follow up support letters and videos* that describe what’s likely to happen as you use *Holosync*, what it means, how to best deal with it—and how to get the most benefit.

This material also includes important and cutting-edge information about the newest discoveries in brain science and how...

**...you can use these discoveries to  
dramatically improve your life.**

**++ You'll also get unlimited telephone and email access to our highly trained staff of support coaches**, who know exactly how to guide you through the kind of accelerated changes you'll experience. You'll always have someone with whom you can discuss your experiences and your progress.

**These are not call center operators or sales people**, but rather experts in *Holosync* and how to benefit from it. Most of them have been with me for 10 or more years and have developed relationships with thousands of *Holosync* users.

Of course what you really get is a tool that will dramatically change you...bring a new sense of clarity, inner peace, and happiness into your life...lower your stress level...improve your health—both physical and emotional...and create...

**...an ease and flow you'll have  
to experience for yourself  
to really appreciate.**

**I'm sure at this point you'd like to know what all of this will cost.**

Well, it doesn't cost a thousand dollars, or even hundreds of dollars. *Awakening Prologue* is just \$179, which is **about \$1 a day to get all these amazing and positive changes** in your life.

And, you can also start with a quite modest down payment and pay the rest in small payments over 6 months.

Now, if you're balking at that price, here's something I'd ask you to consider:

**If you really knew, without any doubt, that you'd experience everything I've described**—the improvements in health, mental health, happiness, inner peace, mental clarity, learning, creativity, intelligence, confidence, motivation, longevity, and more—if you were SURE you'd get these benefits, **isn't \$1 a day a ridiculously small amount?**

And then consider that *Holosync* works so well that we're able to take on all the risk for you by offering you **a full one year, 365-day guarantee, which allows you to use Awakening**

**Prologue for even longer than the recommended time period *and still get all your money back* if you don't think you've experienced all the benefits I've described.**

**Do you know of any company  
that offers such a liberal  
and lengthy guarantee?**

**And, hardly anyone ever exercises it.** We have the lowest refund rate in the entire personal growth universe.

So, with no risk to find out, and such a small investment for such amazing personal changes, wouldn't you say that getting Awakening Prologue and *at least trying it* is the biggest no-brainer you've ever encountered?

As I said, I just want the opportunity to prove to you that everything I've told you is 100% gold-plated truth.

**So please, get Awakening Prologue** and find out why nearly 2 million people in 193 countries so love *Holosync*. To start getting all these benefits for yourself right away, just [click here](#) and in a few days you'll be using *Holosync* and begin experiencing everything I've been talking about.

**To start getting all these benefits  
for yourself right away, just [click here](#).**

Or, type this address into your browser: <http://www.centerpointe.com/t/sd-deep-meditation-transcript>

**Here's what other meditators have said about *Holosync*®:**

**The first is from a woman named Judith:**

“I have been meditating for almost 18 years now and there have been huge changes. But **since I began using *Holosync*, things are changing so fast it's hard to believe.** Things I've been trying to get to the bottom of for ages are just dissolving beautifully. I seem to be **seeing things more clearly**, faster, and **without the EFFORT**. The first level paid for itself in the first week and **it just keeps getting better**. I knew what my “problem” was but I couldn't change it or get at it. So thank you for creating this great programme.”

\*\*

**The one's from AnnMarie:**



“I have been a daily user of *Holosync*. Some days **it fills me with bliss and peace**...sometimes it brings up inner demons...they are not “unconscious” anymore. **THIS is exactly the stuff I have wanted and needed to access through traditional meditation all these years...** You were not kidding...this program works! Almost too well! **I am beyond “impressed” and grateful!**”

\*\*

**Here’s one from Wendy:**

“What a joy to press “PLAY” and experience **blissful meditations** -- I cannot thank you enough! The thought crossed my mind that **it’s like spending 25 years tied to the kitchen sink and suddenly I have a dishwasher -- WOW!**”

\*\*

**And another, from Tina:**

“I had been doing **traditional meditation** and just **wasn’t getting results**. I tried *Holosync* and **was mesmerized**. Thank you for sharing this wonderful product, Bill.”

\*\*

**And finally, from Kelsey Collins:**

“As a meditator for over 30 years, **it wasn’t until *Holosync* that truly significant changes began to emerge (scratch that - FLOOD into my life)**, resulting in **increased happiness, energy, clarity and peace of mind.**”

\*\*

**Pretty impressive, don’t you think? I’d like to receive a letter like these from you someday And, I probably will because *Holosync* really works.**

*And, if you have any questions, or you’d like to order by phone, you can talk to someone here who can answer all your questions between 9:30 AM and 5:00 PM Pacific time, M-F, by calling the numbers on this page.*

(And by the way these are *not sales people* but highly trained Support Coaches who talk to *Holosync* users by phone all day long. Most of them have been with me for 10 or more years and they’re very knowledgeable.)

Outside those hours, our after-hours operators can take a message, or take your order, and if you want, a Support Coach will call you back as soon as we open in the morning.



**Centerpointe**  
RESEARCH INSTITUTE

**If you're ready to get started, just [click here](#) and in a few days you'll be using *Holosync* and you'll begin to see just what everyone's talking about. So please, take the leap. There's no risk. You can only benefit.**

Until next time, be well.

*Bill*

**“By *changing your brain*, Holosync® creates tremendous inner peace, greater feelings of well-being—and much greater happiness...**

***“By changing your brain, you can change your life...***

Hi. I'm Bill Harris, creator of *Holosync* and Director of Centerpointe Research Institute. Thanks for your interest in *Holosync* and for listening to our free *Holosync* demo soundtrack. Though the demo isn't as powerful as the full program--and with a simple demo it's more difficult to see the incredible long-term changes *Holosync* creates--you can certainly tell that *something quite remarkable is happening*.

**These are the outer signs of some quite significant changes happening in your brain.** So let's talk about the long-term effects of *Holosync* so you can see...

**...just how powerfully  
*Holosync* will change your  
brain, and your life.**

When you requested the demo you said you hoped that *Holosync* would help you *increase your inner peace and dramatically lower your level of stress and anxiety*.

Can *Holosync* really do that? Yes. Absolutely.

**One of the most powerful things about *Holosync*** is how it changes the brain in ways that *create tremendous inner peace, greater feelings of well being, and much more happiness*. In fact, you're going to be amazed at how good you feel.

In a few moments I'll share what several other *Holosync* users have said about how *Holosync* affected their sense of inner peace. I think you'll be impressed.

**You also might be interested to know that therapists at the Veterans Administration** recommend *Holosync* for PTSD.

**And, in 2005, researchers at Sutherland Royal Hospital in Great Britain studied the effects of *Holosync* on pre-operative anxiety.** The results were published in *Anaesthesia*, a respected medical journal—and were presented at the **6<sup>th</sup> International Congress on Ambulatory Surgery** in Seville, Spain.

This study showed a 26.3% *reduction in anxiety scores* in patients going into surgery—*more than doubling the results of another anti-anxiety approach.*

**Here's why *Holosync* is so effective in lowering stress and anxiety and increasing inner peace:**

It's well known that long-time meditators experience much greater levels of inner peace than those who don't meditate—and that they also have...

**...much lower stress levels.**

**In fact, if you suffer from anxiety,** stress, or just want more peace of mind, *the many scientific studies about the effect of meditation on stress and inner peace are incredibly encouraging.*

**Of course meditation has one serious problem:** It's quite difficult to master, and it takes a long time to see results—often years. Many people find it difficult to sustain a regular meditation practice.

**They quit before they see the results they want.**

**Like exercise, everyone knows you should meditate,** but few people *actually follow through and do it regularly.* *Holosync*, on the other hand, is not only **more powerful than traditional meditation,** it also **creates results MUCH more quickly.**

And, it's so easy and pleasant that *Holosync* users look forward to using it...

**...rather than saying "Oh, I don't feel like it today."**

**Based on research at the world-famous Menninger Clinic** and Mt. Sinai Medical Center in New York, *Holosync* creates the precise brain wave patterns of deep mediation. *You'll meditate as deeply as the most experienced meditators (in fact, even MORE deeply)—the first time, and every time.*

**And, you'll immediately begin experiencing the benefits of this super-deep meditation—including increased inner peace and much lower levels of stress and anxiety.**

**Each person has a personal stress threshold.** When you're under that threshold you feel pretty good. But when the events of your life push you over that threshold you feel uncomfortable, stressed, anxious...

**...even overwhelmed.**

**If you've been traumatized**—especially during childhood, when we're most vulnerable—*your threshold will be lower than normal. The lower your threshold, the more often the ups and down of life will push you over it.*

Your *inner peace* will be disturbed... You'll be more likely to experience *uncomfortable emotions*: anxiety, anger, fear, confusion, sadness, depression, and many others... You'll also be more *likely to overeat, drink too much, or use other "coping methods"*.

**The *Holosync* stimulus creates changes in your brain that dramatically increase your stress threshold, restoring your inner peace.** The higher your threshold, the more easily you handle whatever comes your way.

We all know that training pushes an athlete's physical threshold higher. *Holosync pushes your mental and emotional threshold higher*—in fact, dramatically so. If your threshold is low, *Holosync* will first increase it to "normal" levels. Then, as you continue using *Holosync*, your threshold will continue to increase...

**...until it actually exceeds the threshold of an average person.**

If your threshold is already normal, these changes happen more quickly. In either case, *Holosync* creates...

- **Lower stress levels...**
- Less anxiety...
- **More resiliency...**
- Greater happiness and well being...
- **And much more inner peace.**

**This increase in inner peace is, in fact, the most common result *Holosync* users report.** As this happens, you'll notice that *those things that would ordinarily cause you to react, feel bad, or become overwhelmed just don't affect you in the same way.*

Instead, you'll remain calmer, more centered, and more peaceful...

**...no matter what happens.**

**There's a biochemical reason why (and how) *Holosync* raises your stress threshold:**

In the summer of 1998, Dr. Vincent Giampapa, M.D., past president of the *American Board of Anti-Aging Medicine* and a noted anti-aging researcher, conducted a before and after study of the effect of *Holosync* on several important bio-markers related to stress, well-being, and aging: Cortisol (“the stress hormone”), DHEA, and Melatonin.

### **What this study showed blew me away!**

First, let me tell you a bit about these three hormones and how they affect your life:

**Cortisol is THE major age-accelerating hormone.** The more of it you have, the more stressed you feel...the more susceptible you are to disease and the faster you age!

Cortisol also interferes with learning and memory and is, in general, *bad news for your health and your well-being*. You make more of it when you’re in “fight or flight” (when your sympathetic nervous system is triggered).

**The second hormone, DHEA, is a precursor, or source ingredient, to virtually every hormone your body needs.** Unlike cortisol, DHEA has a positive effect on physiological age and resistance to disease. *When levels are low, you're more susceptible to aging and disease; when they're high, the body is at its peak: vibrant, healthy, and able to combat disease effectively.*

**DHEA acts as a buffer against stress-related hormones (such as cortisol).** As you get older, though, you make less DHEA -- and become more susceptible to stress and disease.

**The third hormone is melatonin,** which most people associate with restful sleep. You make less melatonin as you age. Since it's during sleep that many important rejuvenating substances are created in the brain, *the inability to sleep soundly can dramatically decrease the quality of your life* and...

....greatly accelerates the  
aging process.

**And, new research has discovered** that melatonin isn't just "the sleep hormone" -- it's also a powerful antioxidant *even more powerful than vitamin E*.

As I waited to find out how *Holosync* affected these three important substances, I was VERY curious. Here’s what we discovered. In just three days:

- **DHEA levels increased by an average of 43.77%...**
- **Cortisol, on the other hand, was down an average of 46.47 %...**

- **Melatonin levels increased an average of 97.77%!**

As you can see, *Holosync* has a significant effect on stress! And, as your stress level decreases...

**...your inner peace increases.**

***Holosync* creates a balance, or synchrony, in the brain.** Your brain creates new neural connections between the left and right hemispheres, increasing communication within your brain—and changing your perspective on what happens around you.

You'll see the world, other people, and yourself, *in a new way*. You'll feel safer, more connected to others and more peaceful inside. **As these changes happen in the brain, *Holosync* users experience a dramatic increase in inner peace and equanimity and the ability to remain calm and centered...**

**...regardless of what happens around them.**

**I created Centerpointe in 1989** because *Holosync* had such a profound effect on my own level of inner peace (which was heartbreakingly low prior to using *Holosync*). I want you to experience the same remarkable inner peace that I (and hundreds of thousands of other *Holosync* users) have experienced.

**Of course, *Holosync* will do much more than just increase your inner peace and reduce your stress and anxiety.**

- **It will increase your ability to focus and concentrate.**
- It will increase your creativity and your intuition.
- **It will help you resolve emotional issues, be much less reactive, and feel a greater connection with other people.**
- Finally, you'll feel happier, more centered, and more alive.
- Look, all I want is the opportunity to prove it to you. *Holosync* changed my life many years ago, and since then...

- **...it's changed the lives of nearly two million other people in 193 countries.**

It will change your life, too, I promise.

And you don't have to take my word for any of this because ***Holosync* has a no-risk One-Year Money-Back Guarantee**. That means you can try it for an entire year, with absolutely no risk, and find out exactly what *Holosync* will do for you.

**At the end of that time if you don't think it's done everything I've said, return it and you'll get your money back.** Very few exercise this guarantee, though, because *Holosync* really works and those who use it go around telling everyone they know that they should be using it, too.

*Holosync* isn't new, and it isn't "unproven". As I said, nearly 2 million people in 193 countries have used *Holosync* to improve their lives.

### **So why not be one of them?**

I've told you how you'll benefit—mentally, emotionally, in terms of your health and stress level, and even spiritually. And, believe me, if anything...

### **...I'm underselling these benefits.**

***So what exactly do you get when you join*** this amazing program—and also, how do you use *Holosync*? First of all, you use *Holosync* by listening with stereo headphones, with closed eyes, sitting quietly, as in a meditation. (The headphones are necessary so we can target the left and right sides of the brain with the *Holosync* stimulus.)

**The core of the program consists of** two soundtracks that actually go together: ***The Dive*** and ***Immersion***. ***The Dive*** begins by placing you in an *alpha* brain wave pattern, the brain wave pattern of meditation, deep relaxation, joy, superlearning, and several other beneficial states.

**Then, we gradually slow your brain waves** into a deeper *alpha* state, then still slower and deeper into a *theta* brain wave pattern, and finally into *delta*...

### **...the deepest, slowest brain wave pattern.**

There are tremendous benefits to each of these brain states, which I won't go into here. After a period of several days of using ***The Dive***, you add the ***Immersion*** soundtrack, which holds you in the *delta* state you achieved with the *Dive*, increasing the length of your listening session, and increasing the benefits you receive.

You really will, as we often say...

### **“Meditate like a Zen monk at the touch of a button”.**

## You'll also get several other special *Holosync*® soundtracks with Awakening Prologue:

++ *Quietude* holds you in an *alpha* brain wave pattern, putting you into the perfect brain state for focus and concentration, learning, studying, or detail work. If you listen to *Quietude* while doing these things, you'll not only retain the information in a way that will amaze you...

**...you'll also be able to focus and concentrate for hours without getting tired or burned out.**

++ *Oasis* takes you into the deeper *theta* brain wave state, a state of *increased creativity, intuition, problem solving*, and what psychologists call *integrative experiences*—where you suddenly see a problem, a situation, or your entire life...

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++ *You'll also get extensive education, follow up and support—one of the most important aspects of the program*. You'll receive a *series of follow up support letters and videos* that describe what's likely to happen as you use *Holosync*, what it means, how to best deal with it—and how to get the most benefit.

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**...an ease and flow you'll have  
to experience for yourself  
to really appreciate.**

**I'm sure at this point you'd like to know what all of this will cost.**

Well, it doesn't cost a thousand dollars, or even hundreds of dollars. *Awakening Prologue* is just \$179, which is **about \$1 a day to get all these amazing and positive changes** in your life.

And, you can also start with a quite modest down payment and pay the rest in small payments over 6 months.

Now, if you're balking at that price, here's something I'd ask you to consider:

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And then consider that *Holosync* works so well that we're able to take on all the risk for you by offering you **a full one year, 365-day guarantee, which allows you to use Awakening Prologue for even longer than the recommended time period and still get all your money back** if you don't think you've experienced all the benefits I've described.

**Do you know of any company  
that offers such a liberal  
and lengthy guarantee?**

**And, hardly anyone ever exercises it.** We have the lowest refund rate in the entire personal growth universe.

So, with no risk to find out, and such a small investment for such amazing personal changes, wouldn't you say that getting Awakening Prologue and *at least trying it* is the biggest no-brainer you've ever encountered?

As I said, I just want the opportunity to prove to you that everything I've told you is 100% gold-plated truth.

**So please, get Awakening Prologue** and find out why nearly 2 million people in 193 countries so love *Holosync*. To start getting all these benefits for yourself right away, just [click here](#) and in a few days you'll be using *Holosync* and begin experiencing everything I've been talking about.

**To start getting all these benefits  
for yourself right away, just [click here](#).**

Or, type this address into your browser: <http://www.centerpointe.com/t/sd-inner-peace-transcript>

**Here's what other *Holosync* users have said about the inner peace *Holosync* created in their lives:**

**Wayne Dent sent me this note:**

**"I have become *incredibly calm and peaceful*. People and things connected with my job a month ago would have sent me home in tears and frustration today (literally TODAY) hold no power or importance to me. *This stuff is amazing!*"**

\*\*

**This one is from Ron:**

**"Before *Holosync*, I was always in a rush. *Now I can sit and relax, laugh more*, I'm much *more in the moment* and I *don't take things so personally*. I'm *at peace*, much *happier* and look forward to creating a real exciting future life."**

\*\*

**And here's one from Carol:**

“When I first saw the ad for your program I **wasn't sure how I would get through each day**. I was so stressed that I was at the stage of getting into the car and taking off. **Your program has been a lifesaver**. I am **coping so much better**. I'm **not as angry or quick to snap**. I tend to **let the little things that used to seem major slide past and not react to them**. I am **learning to not to try to be everything for everybody**. I am becoming my own person.”

\*\*

**And here's one from Bill Reich:**

“My entire state of being has **changed from one of fairly constant agitation and worry (a classic Type A) to a more constant state marked by peace of mind**. If this is what happens after 3 months, I can only imagine what it will be like in 3 years!”

\*\*

**Terry Yodelman sent this one:**

“I never believed I could attain a **state of peace** as I have at this time. I credit *Holosync* as the **single most significant factor that's lead me to say for once in my life I am grateful to be alive!**”

\*\*

**This is from Don:**

“Let me tell you that **your program WORKS!** In spite of everything I felt I was losing the “battle”: I wasn't getting any exercise, feeling very stressed, blood pressure up, shortness of breath. **Because of *Holosync*, I have been extremely relaxed, highly alert, and the panic attacks have gone**. I have a new **feeling of being able to HANDLE IT now!**”

\*\*

**And one from Toby:**

“I credit *Holosync* for the **peace of mind that eluded me most of my life**. I consider this absolutely **'PRICELESS'**.”

\*\*

**Another from John Flynn:**

“I have a **deep sense of stillness**, expanding and growing, **a place of peace and acceptance** that allows me to feel a '**life is beautiful and wonderful**' state of being. Thank you, Bill, for this gift.”

\*\*

**And one last letter from Susan Senko from British Columbia, Canada:**

“When I first started the Centerpointe program I was going through a particularly tough time. In the past, that would have absolutely enraged me. Now, I was **able to accept things and allow events to unfold without feeling I had to affect the outcome** of every situation. For the first time **I could step back, relax, and be okay with whatever the outcome was**. Other people have commented on my **newfound calm and peace of mind**.”

\*\*

**Pretty impressive, don't you think? I'd like to receive a letter like these from you someday And, I probably will because *Holosync really works*.**

*And, if you have any questions, or you'd like to order by phone, you can talk to someone here who can answer all your questions between 9:30 AM and 5:00 PM Pacific time, M-F, by calling the numbers on this page.*

(And by the way these are *not sales people* but highly trained Support Coaches who talk to *Holosync* users by phone all day long. Most of them have been with me for 10 or more years and they're very knowledgeable.)

Outside those hours, our after-hours operators can take a message, or take your order, and if you want, a Support Coach will call you back as soon as we open in the morning.

**If you're ready to get started, just [click here](#) and in a few days you'll be using *Holosync* and you'll begin to see just what everyone's talking about. So please, take the leap. There's no risk. You can only benefit.**

Until next time, be well.

*Bill*

## **“By changing your brain, Holosync® makes success MUCH easier...”**

***“Develop the confidence and motivation that makes you eager to jump out of bed in the morning to take action toward your goals...”***

Hi. I'm Bill Harris, creator of *Holosync* and Director of Centerpointe Research Institute. Thanks for your interest in *Holosync* and for listening to our free *Holosync* demo soundtrack. Though the demo isn't as powerful as the full program--and with a simple demo it's more difficult to see the incredible long-term changes *Holosync* creates--you can certainly tell that *something quite remarkable is happening*.

**These are the outer signs of some quite significant changes happening in your brain.** So let's talk about the long-term effects of *Holosync* so you can see...

**...just how powerfully  
*Holosync* will change your  
brain, and your life.**

When you requested the demo you said you hoped that *Holosync* would help you *become more successful, more confident, and more motivated*. Now it might seem odd that an audio technology such as *Holosync* could actually *create changes in your brain that will increase your confidence, your motivation, and your ability to succeed*, but I assure you that *Holosync* will do all of that—and, actually, quite a bit more.

**In fact, the changes you'll experience will be significant and unmistakable—I promise.**

And, in addition to changing your confidence, motivation, and ability to succeed, *Holosync* has many other remarkable benefits.

As you listen, *Holosync* stimulates your brain in a way that creates *new neural pathways between the left and right brain hemispheres*. Many mental abilities and internal states are enhanced by the creation of these new neural pathways--including **a new motivation and confidence that leads you to...**

**...more easily take purposeful  
action to achieve your goals.**

This new neural structure also causes a tremendous change in *self-awareness*. You become much more aware of what you do inside your head to limit yourself...to fail to act when you know you should...or to feel discouraged when you have a setback—instead of using it as a learning experience that propels you forward.

**This awareness causes self-imposed limitations to literally fall away.**

*With this new confidence and motivation*, you'll more easily take action to create what you want. And, you'll more easily deal with (and overcome) setbacks when they happen. (In a moment I'll share some comments from other *Holosync* users so you can see how *Holosync* affected their confidence, motivation, and success. I think you'll be impressed.)

Based on decades of experience with nearly 2 million *Holosync* users, I have no doubt that *Holosync* will help you in the same way.

**Let me explain how it works:**

Perhaps you know someone who has that “golden touch”—an easy confidence that makes success and prosperity come easily, and where motivation just isn't a problem. Why are some people like this? Well, to be successful you really need two things:

- 1) **You need to know what to do**--which is the easiest part, since these days you can Google how to do almost anything), and...
- 2) **You need to get yourself to take action and to keep taking action until you get what you want.**

This, of course, is where confidence and motivation become important--and where self-imposed limitations can trip you up.

*Prosperity and success come from thinking and acting in a certain way* (which might be different, in some ways, for different kinds of success). Here's the challenge, though:

Getting yourself to think and act in this way--even if you know what it is...

**...IS difficult.**

Why? Because confidence, motivation, and the ability to take action are ***almost entirely generated by your unconscious mind***, which (by definition) is largely outside your conscious control. By actually changing your brain, *Holosync helps you get past this stumbling block.*

**New patterns in your brain** create the awareness that allows you to see how you've been limiting yourself and creating a lack of motivation and confidence.

**This awareness creates CHOICE, and once you have a choice, you'll always choose what serves you and drop what doesn't serve you!**

*Holosync* creates changes in your brain—leading to more awareness, more focus, more confidence, better intuition, greater motivation, and more creativity. *Your brain just works better.*

By changing your brain (the master controller of your life)...

**...*Holosync* lifts you out of the fog  
of low motivation, procrastination,  
and not knowing what to do.**

Instead, you figure out a way over, under, or around difficult circumstances and setbacks. With the right brain, *YOU become someone with that "golden touch"*. Confusion...fear of taking action...focusing on limitations instead of opportunities...feeling stuck and unmotivated...or feeling trapped in your current situation...

**...fade away.**

Yes, I know. This probably sounds "too good to be true". But I can assure you—after helping nearly 2 million people use *Holosync*—that this is...

**...exactly what will happen  
for you, too.**

Let me tell you how *Holosync* increased my success. *Before Holosync, I had the same problem.* In my late 30s, I still hadn't found what I wanted to do with my life—and it was looking as if I never would. Many of my friends had successful careers, but I felt aimless and without a purpose. My financial situation reflected my lack of motivation.

**It was dismal.**

I'd read all the success books. I knew the "secrets" of how successful people think and act. ***I just couldn't get myself to use these secrets—and keep using them.***

Not only that, I was handicapped by being angry and abrasive, so no one wanted to work with me. *Holosync* also changed that, but that's another story for another day. With all these limitations, *I found it almost impossible to stay focused and motivated.*

Though I didn't figure this out until later...

**...my unconscious self-sabotage  
was stronger than my  
desire to succeed.**

I was stuck.

***Holosync, though, started to change me.*** As I listened to *Holosync*, it started creating the same changes in my brain that I've already described—new neural pathways...increased awareness... and more motivation and confidence. With this new confidence, *I started taking action when opportunities appeared*, where before I'd hesitated and procrastinated.

In fact, I saw a lot of opportunities I hadn't even noticed before (which is what more awareness does for you—you see things that were right there in front of you but you just weren't noticing them). My fear of failure (and success) also decreased—until it finally disappeared. And my intuition also improved...

**...so I made better decisions.**

**Most important, I felt a new sense of purpose.** I finally felt like I had a place in the world. As you might imagine this dramatically changed how I felt about myself.

Of course, *Holosync* also has many other benefits. By placing yourself in the brain wave patterns of meditation each day (and without any effort on your part, I might add)...

**...you experience all the benefits  
of meditation, but in a fraction of  
the time. (In fact, about 8x faster.)**

- **Feelings of well-being increase.**
- Focus and concentration improves.
- **You become more creative, and more intuitive.**
- *Your stress level goes way down*, which in addition to making it easier to act and get things done also protects you from many serious stress-related health problems.

- **You actually feel happier, more centered--and more alive.**
- You'll relax about your life, and enjoy it more.

**And I don't mean just a little bit. The changes *Holosync* creates are unmistakable.**

There's a ton of research about meditation and its many mental, emotional, spiritual, and even physical (in other words, health) benefits. *Time Magazine* has devoted whole issues to the benefits of meditation. Traditional meditation, though, takes a long time to master, *and it takes even longer to see significant results.*

*Holosync*, though, puts you in the same brain wave patterns as an experienced meditator (actually, even deeper) but with no learning curve, and no waiting to see results.

**You start out meditating deeply the first day.**

As I said, *Holosync* gives you the same results as traditional meditation, but about 8x faster.

So please, give *Holosync* a try. It really WILL do everything I've said it will do—and **it really will change your whole perspective about success, confidence, motivation, and prosperity.**

Look, all I want is the opportunity to prove it to you. *Holosync* changed my life many years ago, and since then...

**...it's changed the lives of nearly two million other people in 193 countries.**

It will change your life, too, I promise.

And you don't have to take my word for any of this because ***Holosync* has a no-risk One-Year Money-Back Guarantee.** That means you can try it for an entire year, with absolutely no risk, and find out exactly what *Holosync* will do for you.

**At the end of that time if you don't think it's done everything I've said, return it and you'll get your money back.** Very few exercise this guarantee, though, because *Holosync* really works and those who use it go around telling everyone they know that they should be using it, too.

*Holosync* isn't new, and it isn't "unproven". As I said, nearly 2 million people in 193 countries have used *Holosync* to improve their lives.

**So why not be one of them?**

I've told you how you'll benefit—mentally, emotionally, in terms of your health and stress level, and even spiritually. And, believe me, if anything...

**...I'm underselling these benefits.**

**So what exactly do you get when you join** this amazing program—and also, how do you use *Holosync*? First of all, you use *Holosync* by listening with stereo headphones, with closed eyes, sitting quietly, as in a meditation. (The headphones are necessary so we can target the left and right sides of the brain with the *Holosync* stimulus.)

**The core of the program consists of** two soundtracks that actually go together: *The Dive* and *Immersion*. *The Dive* begins by placing you in an *alpha* brain wave pattern, the brain wave pattern of meditation, deep relaxation, joy, superlearning, and several other beneficial states.

**Then, we gradually slow your brain waves** into a deeper *alpha* state, then still slower and deeper into a *theta* brain wave pattern, and finally into *delta*...

**...the deepest, slowest brain  
wave pattern.**

There are tremendous benefits to each of these brain states, which I won't go into here. After a period of several days of using *The Dive*, you add the *Immersion* soundtrack, which holds you in the *delta* state you achieved with the Dive, increasing the length of your listening session, and increasing the benefits you receive.

You really will, as we often say...

**“Meditate like a Zen monk at  
the touch of a button”.**

**You'll also get several other special *Holosync*® soundtracks with Awakening Prologue:**

++ *Quietude* holds you in an *alpha* brain wave pattern, putting you into the perfect brain state for focus and concentration, learning, studying, or detail work. If you listen to *Quietude* while doing these things, you'll not only retain the information in a way that will amaze you...

**...you'll also be able to focus and  
concentrate for hours without  
getting tired or burned out.**

++ *Oasis* takes you into the deeper *theta* brain wave state, a state of *increased creativity, intuition, problem solving*, and what psychologists call *integrative experiences*—where you suddenly see a problem, a situation, or your entire life...

**...in an entirely new and  
more resourceful way.**

++ *Super Longevity* is a two-soundtrack set I made with Dr. Vincent Giampapa, a noted longevity researcher and past president of the *American Board of Anti-Aging Medicine*.

*Super Longevity* is specially engineered to create *powerful changes in three important brain chemicals related to longevity, stress, and better health*: DHEA, cortisol, and melatonin.

++ *We'll also send you another special soundtrack*, worth \$25, about a week or two after you start the program, at no charge.

**I'm going to keep that one a  
secret for now, though!**

++ *You'll also get extensive education, follow up and support—one of the most important aspects of the program*. You'll receive a *series of follow up support letters and videos* that describe what's likely to happen as you use *Holosync*, what it means, how to best deal with it—and how to get the most benefit.

This material also includes important and cutting-edge information about the newest discoveries in brain science and how...

**...you can use these discoveries to  
dramatically improve your life.**

++ *You'll also get unlimited telephone and email access to our highly trained staff of support coaches*, who know exactly how to guide you through the kind of accelerated changes you'll experience. You'll always have someone with whom you can discuss your experiences and your progress.

*These are not call center operators or sales people*, but rather experts in *Holosync* and how to benefit from it. Most of them have been with me for 10 or more years and have developed relationships with thousands of *Holosync* users.

Of course what you really get is a tool that will dramatically change you...bring a new sense of clarity, inner peace, and happiness into your life...lower your stress level...improve your health—both physical and emotional...and create...

**...an ease and flow you'll have  
to experience for yourself  
to really appreciate.**

**I'm sure at this point you'd like to know what all of this will cost.**

Well, it doesn't cost a thousand dollars, or even hundreds of dollars. *Awakening Prologue* is just \$179, which is ***about \$1 a day to get all these amazing and positive changes*** in your life.

And, you can also start with a quite modest down payment and pay the rest in small payments over 6 months.

Now, if you're balking at that price, here's something I'd ask you to consider:

**If you really knew, without any doubt, that you'd experience everything I've described—**the improvements in health, mental health, happiness, inner peace, mental clarity, learning, creativity, intelligence, confidence, motivation, longevity, and more—if you were SURE you'd get these benefits, ***isn't \$1 a day a ridiculously small amount?***

And then consider that *Holosync* works so well that we're able to take on all the risk for you by offering you **a full one year, 365-day guarantee, which allows you to use Awakening Prologue for even longer than the recommended time period and still get all your money back** if you don't think you've experienced all the benefits I've described.

**Do you know of any company  
that offers such a liberal  
and lengthy guarantee?**

**And, hardly anyone ever exercises it.** We have the lowest refund rate in the entire personal growth universe.

So, with no risk to find out, and such a small investment for such amazing personal changes, wouldn't you say that getting *Awakening Prologue* and *at least trying it* is the biggest no-brainer you've ever encountered?

As I said, I just want the opportunity to prove to you that everything I've told you is 100% gold-plated truth.

**So please, get Awakening Prologue** and find out why nearly 2 million people in 193 countries so love *Holosync*. To start getting all these benefits for yourself right away, just [click here](#) and in a few days you'll be using *Holosync* and begin experiencing everything I've been talking about.

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**Finally, let me read you a few comments from *Holosync* users about how *Holosync* helped them increase their confidence and motivation:**

**This one is from Sue. See if this strikes a chord with you:**

“Just writing to let you know just how much *Holosync* has changed my life. **Previously I would have talked myself out of continuing something**, changing to the next 'career' never getting anywhere or making any money. **Now I'm sticking with the same activity and becoming more confident**. I still get moments where I feel the anxiety that previously had me totally freaked out and incapable of taking action. Now I notice it, acknowledge it, and keep going. I'm not one to rave but honestly **I'd be in a very bad place if it weren't for *Holosync*** – thank you.”

\*\*

**Here's another from Steve:**

“I want to tell you what a difference *Holosync* has made for me. **I was profoundly unhappy and couldn't begin to fathom what I had done to have to suffer through an entire lifetime on this crappy planet**. Now, I'm just plain old **stoked** about life. I'm way happier, I make way more money, and I am coming to truly love and respect myself. I'm starting to **see how I create my reality** and what kind of life I can create and how that will affect the world around me. I'm **wiping the canvas of my life clean so that I can create the masterpiece of my choosing**.”

\*\*

**And this one is from Auriel:**

“With *Holosync* I just found myself in a different life. **I became more influential, more successful, more satisfied with my own accomplishments**. God, for the first time I had my OWN accomplishments. **Before, I was always supporting someone else's goals**, working for someone else's accomplishments, unsure of myself and my decisions.

**With *Holosync* ideas started to appear that I was obsessed about doing. Everything fell into place**, although not always in my time frame, to get the work accomplished. I've produced 2 beautiful documentaries. The first was accepted at 5 film festivals. I sold hundreds of DVDs. I have just submitted the second one to a local film festival.”

\*\*

**And, finally, a note I received from Matt Lockwood:**

“**Because of *Holosync*, the past few years have been very successful and effortless.** I move from **one level of success to the next.** Every area of my life is successful. Professionally, I am **about to realize my dream** of being a full time trader. Physically I am **in the best shape of my life.** Spiritually **I feel connected to everything.** My **relationships are peace and harmony.** I am creating the life that I want. ***Holosync* is a masterpiece.**”

\*\*

**Pretty impressive, don't you think? I'd like to receive a letter like these from you someday And, I probably will because *Holosync* really works.**

*And, if you have any questions, or you'd like to order by phone, you can talk to someone here who can answer all your questions between 9:30 AM and 5:00 PM Pacific time, M-F, by calling the numbers on this page.*

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Until next time, be well.

*Bill*



# **“With *Holosync*® you can replace emotional trauma with a new happiness and inner peace...**

***“By changing your brain, *Holosync*® ends anxiety, depression, fear, and other mental health problems...***

Hi. I’m Bill Harris, creator of *Holosync* and Director of Centerpointe Research Institute. Thanks for your interest in *Holosync* and for listening to our free *Holosync* demo soundtrack. Though the demo isn’t as powerful as the full program--and with a simple demo it’s more difficult to see the incredible long-term changes *Holosync* creates--you can certainly tell that *something quite remarkable is happening*.

**These are the outer signs of some quite significant changes happening in your brain. So let’s talk about the long-term effects of *Holosync* so you can see...**

**...just how powerfully  
*Holosync* will change your  
brain, and your life.**

When you requested the demo you said you hoped that *Holosync* would help you *let go of past emotional trauma--and also end anxiety, depression, fear, and other mental health problems*.

Can *Holosync* really do that?

**Yes. Absolutely.**

***Holosync* has helped hundreds of thousands of people heal emotional trauma** (in fact, therapists at the Veterans Administration have even used it for PTSD). *Holosync* creates changes in the brain that *have a dramatic effect on both depression and emotional reactivity*—as well as fear...anger...anxiety...addictions...overeating...

**...and many other so-called  
“dysfunctional” feelings  
and behaviors.**

When I speak in public I can’t walk 20 feet down the hallway without someone stopping me to say, “*Thank you so much! Holosync saved my life!*” or “*Holosync changed my son’s life.*”

When you use *Holosync* you'll experience dramatic improvements in mental and emotional health *even if therapy and other approaches haven't worked for you*. *Holosync* stimulates your brain in a way that turns DOWN the fight or flight response and turns UP what Harvard researcher Dr. Herbert Benson calls...

...**“the relaxation response”**.

Countless *Holosync* users have told us: *“I've experienced more emotional healing in the first six months of Holosync than with ten years of expensive therapy.”* In a few moments I'll share with you some letters I've received from *Holosync* users so you can see what I mean.

After seeing nearly 2 million people use *Holosync* over the last 27 years, I feel quite confident in making this promise to you:

***Anyone who uses Holosync—regardless of their past or present emotional condition—can live a life of happiness, inner peace, and personal success.***

So why does *Holosync* so powerfully affect emotional trauma?

**Each person has a personal stress threshold.** When life-events push you over that threshold, you feel stressed and anxious—perhaps even overwhelmed.

***Holosync raises that threshold.***

Here's a key point, though:

*It's emotional trauma that causes that threshold to be lower than it should be.* In fact, the more trauma you've suffered, *the lower your threshold will be.*

**If your threshold is low**, the daily ups and down of life will be more likely to stress or overwhelm you. As a result, you'll do your best to cope using one (or more) of the following coping methods:

- Anxiety...
- Anger...
- Fear...
- Depression...
- Isolation...
- Overeating...
- Substance abuse and other addictions...
- Sleep disorders...
- Digestive problems...
- Relationship problems...
- Low self-esteem...



- Confusion...
- And many others.

These dysfunctional feelings and behaviors aren't because there's something wrong with you, or because you have a personal defect. ***Rather, they're the result of a threshold that's too low, caused by trauma you've suffered,*** which affects your brain—and therefore how you feel and how you behave.

Unlike approaches that medicate you, or merely treat the symptoms, *Holosync* changes your brain, *raising your threshold for how much you can handle before you become stressed or overwhelmed.* As your threshold increases...

**...these debilitating dysfunctional feelings and behaviors literally fall away.**

In the same way that working out pushes an athlete's physical threshold higher, *Holosync pushes your mental and emotional threshold higher*—in fact, dramatically so. If your threshold is lower than normal, it will first increase to a “normal” level, and then as you continue listening to *Holosync*, your threshold continues to increase until it eventually *exceeds that of the average person.*

If your threshold is normal when you start, the same thing happens, but even more quickly.

***Holosync dramatically improves mental and emotional health and increases resiliency***—your ability to bounce back when something goes wrong. You become happier and more peaceful. Even those with serious emotional difficulties—as was the case with me...

**...eventually become calm, centered, and unflappable.**

In fact, long-time *Holosync* users handle stressful situations and difficult people *better* than "normal" people (even if their initial threshold was low)!

**Recent research revealed a biochemical reason why *Holosync* raises your threshold and causes emotional problems to diminish and eventually fall away.**

In the summer of 1998, Dr. Vincent Giampapa, past president of the *American Board of Anti-Aging Medicine*, conducted a study of the effect of *Holosync* on several stress-related bio-markers. Two of these bio-markers specifically relate to stress, anxiety, and other symptoms of emotional trauma: DHEA and cortisol.

**Cortisol, is the major stress hormone.** High cortisol levels interfere with learning and memory and are, in general, *bad news for your health and your emotional well-being*. With high levels of cortisol you'll feel stressed and anxious, and exhibit many other symptoms of emotional trauma.

**High cortisol and a low threshold go together.**

**The other biomarker, DHEA, is a precursor, or source ingredient, of virtually every hormone your body needs.** DHEA is a key determinant of physiological age and resistance to stress and disease. *When levels are low, you're more susceptible to stress, aging and disease; when they're high, your body is at its peak*—vibrant, healthy, and able to combat stress and disease effectively.

**DHEA acts as a buffer against stress-related hormones (such as cortisol),** which is why as you get older and make less DHEA you're more susceptible to stress, disease, and even depression. If you make enough DHEA, it buffers the effects of cortisol and reduces your stress—and your symptoms of emotional trauma.

**A high threshold and higher levels of DHEA go together.**

Here's what Dr. Giampapa's found: In just three days...

- **The average increase in DHEA levels in *Holosync* users was 43.77%.**
- **Cortisol decreased an average of 46.47%.**

These are amazing results!

**Another reason why *Holosync* has such a profound effect on emotional trauma** is that it *activates your parasympathetic nervous system, the source of what Harvard researcher Dr. Herbert Benson called "the relaxation response"*—as opposed to the fight or flight response, which is triggered by your sympathetic nervous system.

**Emotional traumas predispose us to the fight or flight response.** *Holosync* activates the relaxation response, and...

**...calms the fight or  
flight response.**

**Of course there are countless recent studies demonstrating the positive effects of meditation on emotional trauma.** *Holosync* creates these *same changes*—but does so more quickly and more easily (in fact, about 8x faster than traditional meditation).

And, as effective as traditional mediation is, it takes a long time to learn...a long time to see significant results...and most people have trouble sticking to a regular mediations practice.

***Holosync* solves these problems  
because it works much  
faster and *is so easy*.**

**I have to confess that I started Centerpointe partly because *Holosync* had such a dramatic effect on my own emotional problems,** which were quite severe (and, were ruining my life). Before *Holosync* I was angry about everything. I was also depressed a lot, and so constantly anxious that *I didn't even know I was anxious*.

I was very difficult to get along with. My relationships were a succession of train wrecks. To blot out my pain, I was often stoned.

**My life was a mess.**

**As I used *Holosync*,** though, my anger just drained away and I haven't been depressed for a single moment since 1992. I quite easily stopped taking drugs. And I went from being friendless to being friends with many amazing people.

It's hard to explain, but the "old me," who had such debilitating emotional problems, *now seems like a distant memory*.

If you suffer from emotional difficulties, your life can change in this way, too. ***Believe me, if I can change in the ways I've described, anyone can.*** And, I've seen similar transformations in thousands upon thousands of *Holosync* users.



Believe me, *Holosync* will work for you, too. And, in addition to its effect on emotional trauma, *Holosync* will, in general, increase your feelings of well-being, your ability to focus and concentrate, and your creativity and intuition. *You'll feel happier, more centered, and more alive.*

*Holosync* makes your brain happy, and...

**...when your brain is happy,  
you'll be happy.**

Look, all I want is the opportunity to prove it to you. *Holosync* changed my life many years ago, and since then...

**...it's changed the lives of nearly two  
million other people in 193 countries.**

It will change your life, too, I promise.

And you don't have to take my word for any of this because ***Holosync* has a no-risk One-Year Money-Back Guarantee.** That means you can try it for an entire year, with absolutely no risk, and find out exactly what *Holosync* will do for you.

**At the end of that time if you don't think it's done everything I've said, return it and you'll get your money back.** Very few exercise this guarantee, though, because *Holosync* really works and those who use it go around telling everyone they know that they should be using it, too.

*Holosync* isn't new, and it isn't "unproven". As I said, nearly 2 million people in 193 countries have used *Holosync* to improve their lives.

**So why not be one of them?**

I've told you how you'll benefit—mentally, emotionally, in terms of your health and stress level, and even spiritually. And, believe me, if anything...

**...I'm underselling these benefits.**

***So what exactly do you get when you join*** this amazing program—and also, how do you use *Holosync*? First of all, you use *Holosync* by listening with stereo headphones, with closed eyes, sitting quietly, as in a meditation. (The headphones are necessary so we can target the left and right sides of the brain with the *Holosync* stimulus.)



**The core of the program consists of** two soundtracks that actually go together: *The Dive* and *Immersion*. *The Dive* begins by placing you in an *alpha* brain wave pattern, the brain wave pattern of meditation, deep relaxation, joy, superlearning, and several other beneficial states.

**Then, we gradually slow your brain waves** into a deeper *alpha* state, then still slower and deeper into a *theta* brain wave pattern, and finally into *delta*...

**...the deepest, slowest brain  
wave pattern.**

There are tremendous benefits to each of these brain states, which I won't go into here. After a period of several days of using *The Dive*, you add the *Immersion* soundtrack, which holds you in the *delta* state you achieved with the Dive, increasing the length of your listening session, and increasing the benefits you receive.

You really will, as we often say...

**“Meditate like a Zen monk at  
the touch of a button”.**

**You'll also get several other special *Holosync*® soundtracks with Awakening Prologue:**

++ *Quietude* holds you in an *alpha* brain wave pattern, putting you into the perfect brain state for focus and concentration, learning, studying, or detail work. If you listen to *Quietude* while doing these things, you'll not only retain the information in a way that will amaze you...

**...you'll also be able to focus and  
concentrate for hours without  
getting tired or burned out.**

++ *Oasis* takes you into the deeper *theta* brain wave state, a state of *increased creativity, intuition, problem solving*, and what psychologists call *integrative experiences*—where you suddenly see a problem, a situation, or your entire life...

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more resourceful way.**



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***Super Longevity*** is specially engineered to create *powerful changes in three important brain chemicals related to longevity, stress, and better health: DHEA, cortisol, and melatonin.*

++ ***We'll also send you another special soundtrack***, worth \$25, about a week or two after you start the program, at no charge.

**I'm going to keep that one a  
secret for now, though!**

++ ***You'll also get extensive education, follow up and support—one of the most important aspects of the program.*** You'll receive a *series of follow up support letters and videos* that describe what's likely to happen as you use *Holosync*, what it means, how to best deal with it—and how to get the most benefit.

This material also includes important and cutting-edge information about the newest discoveries in brain science and how...

**...you can use these discoveries to  
dramatically improve your life.**

++ ***You'll also get unlimited telephone and email access to our highly trained staff of support coaches***, who know exactly how to guide you through the kind of accelerated changes you'll experience. You'll always have someone with whom you can discuss your experiences and your progress.

***These are not call center operators or sales people***, but rather experts in *Holosync* and how to benefit from it. Most of them have been with me for 10 or more years and have developed relationships with thousands of *Holosync* users.

Of course what you really get is a tool that will dramatically change you...bring a new sense of clarity, inner peace, and happiness into your life...lower your stress level...improve your health—both physical and emotional...and create...



**...an ease and flow you'll have  
to experience for yourself  
to really appreciate.**

**I'm sure at this point you'd like to know what all of this will cost.**

Well, it doesn't cost a thousand dollars, or even hundreds of dollars. *Awakening Prologue* is just \$179, which is ***about \$1 a day to get all these amazing and positive changes*** in your life.

And, you can also start with a quite modest down payment and pay the rest in small payments over 6 months.

Now, if you're balking at that price, here's something I'd ask you to consider:

**If you really knew, without any doubt, that you'd experience everything I've described—**the improvements in health, mental health, happiness, inner peace, mental clarity, learning, creativity, intelligence, confidence, motivation, longevity, and more—if you were SURE you'd get these benefits, ***isn't \$1 a day a ridiculously small amount?***

And then consider that *Holosync* works so well that we're able to take on all the risk for you by offering you **a full one year, 365-day guarantee, which allows you to use Awakening Prologue for even longer than the recommended time period and still get all your money back** if you don't think you've experienced all the benefits I've described.

**Do you know of any company  
that offers such a liberal  
and lengthy guarantee?**

**And, hardly anyone ever exercises it.** We have the lowest refund rate in the entire personal growth universe.

So, with no risk to find out, and such a small investment for such amazing personal changes, wouldn't you say that getting *Awakening Prologue* and *at least trying it* is the biggest no-brainer you've ever encountered?

As I said, I just want the opportunity to prove to you that everything I've told you is 100% gold-plated truth.



**So please, get Awakening Prologue** and find out why nearly 2 million people in 193 countries so love *Holosync*. To start getting all these benefits for yourself right away, just [click here](#) and in a few days you'll be using *Holosync* and begin experiencing everything I've been talking about.

**To start getting all these benefits  
for yourself right away, just [click here](#).**

Or, type this address into your browser: <http://www.centerpointe.com/t/sd-heal-emotional-trauma-transcript>

**Here are some comments from *Holosync* users about how *Holosync* helped them heal debilitating emotional trauma:**

**This first one is from Helen:**

**"I saw the ad for *Holosync* and thought 'What do I have to lose?'. Well, I lost a lot. I lost my worrying, anxiety, frustration and resistance to life as it is. My relationships have healed. My mind is peaceful and open to all the good in my life. I feel inspired and connected to all of life, and worry far less. I have more trust. After 2 decades of searching every potion, notion and lotion to heal my depression and anxiety, I began to feel some relief. Centerpointe is a blessing."**

\*\*

**This one is from Manny:**

**"I've spent years trying to alleviate the anxiety, panic and depression. Now, I don't feel as if that dark cloud in my subconscious has the power it used to. I have control of my beliefs rather than them controlling me. I'm finally moving ahead with a life without fear!"**

\*\*

**From Marsha Jacobson:**

**"I have suffered from depression almost my whole life and I can honestly say that *Holosync* is better than any antidepressant on the market."**

\*\*

**And this note is from Angela:**



**“Since using *Holosync* I have not had a single panic attack. I have lost 50 lbs and am working toward achieving my goals. I feel better about myself, sleep better and am a better mother and a better friend. I am in control of my thoughts and no longer suffer from anxiety or depression. *Holosync* is truly changing my life. I no longer worry about what others think of me.”**

\*\*

**And David wrote this to me:**

**“After trying *Holosync* I started to overcome the depression I’ve had for my entire adult life. I have lowered the medications I take to a minimum, so much so the doctors think I am on the verge of not needing them!”**

\*\*

**Toby Landsel says:**

**“I credit *Holosync* for giving me the peace of mind that eluded me most of my life. I consider this absolutely 'PRICELESS'”.**

\*\*

**And this one is from Denise:**

**“I came across *Holosync* while searching for depression support groups. Now, I am off anti depressants. I work out at the gym. I feel happier. I'm making progress I never thought I would make. I'm better at my job. I'm starting to relax for the first time of my life!”**

\*\*

**And finally, from Mandy:**

**“I have lived a life of suffering, sadness, low self-esteem, depression and anxiety. *Holosync* is unbelievable. My negative self-talk has disappeared, replaced with "I'm beautiful, I'm so happy, my life is so wonderful, I can achieve anything I want." I am more patient with my children. I can't wait to wake up and start the new day as I know it will be another happy one! You are saving a soul here.”**

\*\*



**Centerpointe**  
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**Pretty impressive, don't you think? I'd like to receive a letter like these from you someday  
And, I probably will because *Holosync really works.***

*And, if you have any questions, or you'd like to order by phone, you can talk to someone here who can answer all your questions between 9:30 AM and 5:00 PM Pacific time, M-F, by calling the numbers on this page.*

*(And by the way these are *not sales people* but highly trained Support Coaches who talk to *Holosync* users by phone all day long. Most of them have been with me for 10 or more years and they're very knowledgeable.)*

Outside those hours, our after-hours operators can take a message, or take your order, and if you want, a Support Coach will call you back as soon as we open in the morning.

**If you're ready to get started, just [click here](#) and in a few days you'll be using *Holosync* and you'll begin to see just what everyone's talking about. So please, take the leap. There's no risk. You can only benefit.**

Until next time, be well.

*Bill*

# “Holosync® zaps stress, creates dramatic improvements in many chronic health problems...

*“By changing your brain, Holosync can change your health—and your life...*

Hi. I’m Bill Harris, creator of *Holosync* and Director of Centerpointe Research Institute. Thanks for your interest in *Holosync* and for listening to our free *Holosync* demo soundtrack. Though the demo isn’t as powerful as the full program--and with a simple demo it’s more difficult to see the incredible long-term changes *Holosync* creates--you can certainly tell that *something quite remarkable is happening*.

**These are the outer signs of some quite significant changes happening in your brain.** So let’s talk about the long-term effects of *Holosync* so you can see...

**...just how powerfully  
*Holosync* will change your  
brain, and your life.**

When you requested the demo you said you hoped that *Holosync* would help you *improve your health and increase your energy and well-being*.

**Can *Holosync* really do that? Yes. Absolutely.**

First, let me be clear:

*We’re not touting *Holosync* as a treatment for any disease or a substitute for any treatment you’re now receiving. Please rely on your physician or other health professional for any medical advice.*

**Doctors say, however, that many health problems are stress related**—and many are even caused by stress. *Holosync* dramatically lowers your stress level--which often creates dramatic improvements in chronic health problems. In a moment I’ll share some letters I’ve received from *Holosync* users about how *Holosync* affected their health problems.

**It’s been known for decades that stress is a key component in many health problems.** High levels of one stress hormone, cortisol...

- **Weakens the immune system**, *switching off disease fighting T-cells*. As a result, you *become more vulnerable to colds, flu, fatigue, and infections*—and, to more serious health problems, including *cardiovascular diseases, and even cancer*.
- **Lowers bone formation**, leading to osteoporosis.
- **Causes collagen loss in your skin**, too, leading to wrinkles and premature aging (you often see this in heavy smokers, who often look older than their actual age).
- **Counteracts insulin, leading to high blood sugar and other serious health problems:** brain, kidney, and artery damage...asthma and allergies...chronic stomach and colon problems...joint pain...back and leg pain... headaches...colitis...and even heart pains.
- **Stress is also thought to be involved in a long list of immune diseases.**
- **High cortisol also reduces serotonin levels, leading to depression.**
- **Other stress symptoms include** anxiety... tiredness and low energy...loss of appetite...loss of sex drive...rapid heartbeat...high blood pressure...and high cholesterol and triglyceride levels.

**If you suffer from chronic health problems, it's highly likely that stress is involved!**

So, what can we do about this?

Thousands of studies show that **meditation is a powerful antidote to stress**. Traditional meditation, though, is difficult to master. And it takes a long time to see results.

**Most people have a hard time  
getting themselves to stick to  
a regular meditation practice.**

**Holosync solves this problem.** By effortlessly placing you in the brain wave patterns of deep meditation, and creating the same changes as traditional meditation, but 8x faster, *you get all the benefits of meditation, but without the struggle.*

**Holosync is easy, it's more powerful than traditional meditation, and you see results right away.**

*Holosync* also has a powerful effect on cortisol, the main stress hormone:

A few years ago longevity researcher Dr. Vincent Giampapa found that...

- ***Holosync* lowers cortisol levels by 46.47%**, in just a few days!
- It also **increases levels of DHEA, a key hormone that counteracts cortisol, by 43.77%**.

The Mayo Clinic, Cedar-Sinai Medical Center, Oxford University, and many others, have found that meditation reduces:

- Chronic pain...
- Anxiety...
- High blood pressure...
- Cholesterol levels...
- Health care visits...
- Substance abuse...
- Post-traumatic stress response...

**Meditation also improves heart and artery health** by up to 69%--and creates a **12.5% lower risk of stroke or coronary mortality**.

So, with all these benefits, why don't more people meditate?

**Well, because, as I said, it's *difficult to learn and it takes a long time to master*. And, a long time to see results.**

*Holosync* meditation is super-easy much faster, and a lot more effective. And because you feel so good when you use it—as you'll see when your demo arrives—people look forward to using it...

**...and begin to see  
results right away.**

**And, *Holosync* costs just a few cents a day to use.**

Of course, *Holosync* will do much more for you. It will increase your feelings of well-being... your ability to focus and concentrate...and your creativity and intuition.

You'll feel happier, more centered, and more alive.

**The *Holosync* stimulus creates new neural pathways in the brain.** These permanent neurophysiological changes lower your stress level, improve your mental functioning, and...

**...make you happier and  
more peaceful.**

Look, all I want is the opportunity to prove it to you. *Holosync* changed my life many years ago, and since then...

**...it's changed the lives of nearly two million other people in 193 countries.**

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There are tremendous benefits to each of these brain states, which I won't go into here. After a period of several days of using ***The Dive***, you add the ***Immersion*** soundtrack, which holds you in

the *delta* state you achieved with the Dive, increasing the length of your listening session, and increasing the benefits you receive.

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**“Meditate like a Zen monk at  
the touch of a button”.**

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Or, type this address into your browser: <http://www.centerpointe.com/t/sd-better-health-transcript>

**Here's what other *Holosync* users have said about how *Holosync* improved their health:**

**This first one is from a Kaiser urologist who has become a good friend of mine, Dr. Eric Robins:**

“I'm a urologist, part of the Kaiser system. 85% of health problems are functional (real symptoms, but the exam shows no abnormality). **I got tired of treating symptoms but not addressing the underlying stress.** To my knowledge, *Holosync* is the **only technology in the world that does this.** It lowers cortisol by up to 50%, and raises DHEA and melatonin by 50%. *Holosync* is the **best self-help product I have found.** It saved my life. **If I was king, I would prescribe *Holosync* to every one of my patients.”**



\*\*

**This one is from Debra:**

“I have been on medication for **high cholesterol for 20 years**. My cholesterol has remained high due to stress. **Last week I had a test and for the first time my reading was normal!!** The only thing I can put this down to is *Holosync*, which I became involved in to help deal with my stress. THANK YOU!!!”

\*\*

**Linda sent me this letter:**

“I was **struggling with MS** before *Holosync*. I would **go completely blind every six months and then my vision would return**. Each time the damage would get worse. I got the same story about my legs and balance etc. **Since *Holosync* I have had no symptoms at all** – none! There is **no pharma drug that would have given me this result because I tried them**. Now, my body has actually gotten healthier than I was before I was first diagnosed. I could probably enter a marathon. **I’m 36 and fitter than when I was 18.**”

\*\*

**This one is from Terry Maiers, who’s been using *Holosync* for a long time and who has also become a friend:**

“I have **had Crohn's and Polio since my teens**. I have **limited movement and little energy** and serious stomach pain and diarrhea. I have had **strokes, kidney stones, heart palpitations, insomnia** as well as rashes due to my lowered immune system. I am on pain medications, anti-depressants and anti-anxiety meds. **Without *Holosync* I don't think I could function at all**, or would be dead. **Most people are amazed at how calmly I deal with my conditions**. I like my life despite what people tell me are ‘horrible circumstances’.”

\*\*

**Finally, this one is from Jane:**

“**I am very different from three years ago**. My health is amazingly different, **I wake up and lie in bed feeling tingles of joy in my body**, I have a **deep peace inside me**, I almost never get angry, **I laugh a lot and see beauty around me**, and even my mother (who does not know about the *Holosync* meditation) makes spontaneous and pleased comments from time to time about how I have changed (she never used to). **If there was a competition for the happiest person in the world I would be a serious contender**. More than ever before I seem to attract good fortune

and wonderful people and opportunities. My spiritual life has grown and strengthened phenomenally. I have matured extraordinarily, yet become **more youthful** at the same time. And it is so incredibly easy! **I almost feel guilty that I can have such amazing progress in my life without any effort!”**

\*\*

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Until next time, be well.

*Bill*

# **“By *changing your brain*, Holosync® boosts mental abilities, learning, creativity, and overall intelligence...**

***“Holosync creates new neural pathways in the brain, linking the left and right brain hemispheres, and creating ‘whole brain functioning’...***

Hi. I’m Bill Harris, creator of Holosync and Director of Centerpointe Research Institute. Thanks for your interest in *Holosync* and for listening to our free *Holosync* demo soundtrack. Though the demo isn’t as powerful as the full program--and with a simple demo it’s more difficult to see the incredible long-term changes *Holosync* creates--you can certainly tell that *something quite remarkable is happening*.

**These are the outer signs of some quite significant changes happening in your brain.** So let’s talk about the long-term effects of *Holosync* so you can see...

**...just how powerfully  
*Holosync* will change your  
brain, and your life.**

When you requested the demo you said you hoped that *Holosync* would help you *improve your mental clarity, learning ability, and creativity*.

Can *Holosync* really do that? Yes. Absolutely.

In fact, *Holosync* will also improve many other areas of your life. *Holosync* has helped hundreds of thousands of people change their brain in ways that boosts mental abilities...focus and concentration...learning ability...creativity...and overall intelligence...

**...off the charts!**

**It will also lower your stress level and increase your overall sense of wellbeing.**

Let me tell you a bit about how *Holosync* creates such amazing changes:

**These changes are related to what is called “whole brain thinking”.** When you listen to *Holosync*, your brain is receiving two precise (but slightly different) audio signals, one to each side of your brain (based on research done at Mt. Sinai Medical Center in New York).

To reconcile these two slightly different tones, the two sides of your brain *must communicate in a new way*. Your brain creates *new connections*--new neural pathways--between the left and right sides of your brain. **These new connections create what scientists call whole brain thinking, or whole brain functioning.**

This gives you *a new perspective*, a new way of seeing things, and...

**...a new (and better) way of processing information.**

As a result, you'll...

- **Solve problems much more easily...**
- Learn faster, retain more of what you learn, remember it more easily...
- **Be much more creative, and see connections others may not see...**
- Stay focused much more easily and for much longer, without mental fatigue.

These new neural connections *allow the two sides of your brain work together in a more coherent, more synchronized manner*, rather than in the usual way where one hemisphere is dominant over the other. A more synchronized, more coherent brain—which is what you'll have, after using *Holosync*—is capable of what many people call...

**...superlearning.**

**Superlearning began in the late 1960s** with the work of Bulgarian psychiatrist Georgi Lozanov. Lozanov created synchronized rhythms in the brains of students (using methods considerably more primitive than *Holosync*), *causing their brains to produce alpha waves*.

While making more *alpha* waves, these students were able to ***learn between five and thirty times as much information, in less time and, retain it longer, and retrieve it from memory much more easily.***

***Holosync creates this same brain coherence--and the same “superlearning” brain patterns--though much more precisely and easily than Lozanov’s methods!***

**What’s more, these brain changes are permanent**—a result the brain’s recently discovered ability to *change in response to repeated stimuli, movement, and even repeated thoughts*. This newly discovered quality of the brain is called...

**...neuroplasticity.**

*Holosync* provides a particularly powerful stimulus that fosters neuroplasticity because it *causes the brain to experience several highly beneficial brain wave patterns*, each of which is connected to several highly desirable mental or emotional abilities.

Listening to *Holosync* allows you to become quite adept at entering these *alpha*, *theta*, and *delta* brain wave patterns, and to begin to exhibit the accompanying abilities and qualities associated with them. These include...

- **Increased Creativity...**
- Focus and concentration...
- **Problem solving...**
- Pattern recognition...
- **Memory abilities...**
- Receptivity to learning...
- **Intuition...**
- Overall intelligence...
- **Increased “executive control” of thinking and behavior.**

They also include increased emotional resiliency...less emotional reactivity...and...

**...a tremendous increase in inner  
peace, and even happiness.**

**Most people aren't aware of how directly your brain wave patterns affect your mental abilities**—or your emotional state and your sense of well-being. Most people haven't even heard of brain wave patterns.

**Still fewer are aware of how easily, with regular *Holosync* use, you can learn to make the brain wave patterns and have all these remarkable abilities.**

Many scientists have researched the connection between mental abilities and brain wave patterns. One researcher, Suzanne Evans Morris, Ph.D., noted that the beta frequencies, ranging from 13-26 cycles per second, are associated with concentration, alertness, and problem solving abilities.

***Alpha* frequencies**, which are slower—about 8-13 cycles per second—create *a state of alert relaxation that allows you to learn faster, remember what you've learned much better, and retrieve what you've learned from memory much more easily*. This is what's going on with Lazonov's superlearning we talked about a moment ago.

Dr. Morris also noted that the even slower **theta brain waves** (4-7 cps) are associated with deep relaxation...openness to new experiences and learning new things...a greater ability to focus your attention...and an increased enthusiasm for learning.

In fact, even people who had trouble focusing or learning gained extraordinary abilities to focus, deal with complex situations, learn quickly, recognize patterns, and remember more...

**...once they learned to  
make *theta* waves.**

**When they were in *theta*, mind chatter decreased, confusion decreased, and focused attention increased.**

Do you see how important brain wave patterns are to your mental abilities?

Another thing that happens when your brain enters these slower brain wave patterns: **the two sides of your brain become more synchronized** and work together in *a more coherent manner* called whole-brain functioning.

In these more synchronized brain states, Dr. Morris said, the more linear left-brain style of problem solving works together with...

**...the more big-picture, intuitive  
problem right-brain way of  
solving problems.**

This dramatically increases intelligence. It also makes it **easier to pay attention, to put aside mind chatter, and to keep your mind on what you want to accomplish.**

Another well-known neurotechnology researcher—someone I got to know personally many years ago—is Thomas Budzynski. Dr. Budzynski has extensively researched the brain states created by *Holosync*. He's famous for saying that...

**...in these states, "A lot of work  
gets done very quickly."**

By this he meant that *a lot of learning happens quickly because of the heightened ability to focus and to see patterns that generate creative solutions to problems*—and that a lot of improvements in emotional health also happened quickly.

Budzynski and psychobiologist Dr. James McGaugh of the University of California at Irvine both found that **information is more easily processed and recalled in a *theta* state.**

Researchers Elmer and Alyce Green at the world-famous Menninger Clinic also found that *those who produce more theta waves (as you will once you've started using Holosync) more easily generated new ideas, often coming to them through intuition, seemingly out of the blue.*

**In other words**, their unconscious mind was busy putting things together even when they were busy doing something else. Once you have the ability to make more *theta* waves, your unconscious mind takes over and...

**...hands you creative solutions  
to your problems.**

In their book *Beyond Biofeedback*, the Greens also described how those who made more *theta* waves were not only highly creative, *they also often had life-altering insights called "integrative experiences"*.

**When you have an integrative experience** you suddenly see your life, or a certain problem, from a completely new perspective in a way that changes everything, resolves what seemed like an insoluble problem and *sends your life in a new and better direction.*

**The Greens also found** that such people were psychologically healthier...that they had more social poise--in other words, they were more comfortable in their own skin...and that they were less rigid and conforming...and more accepting of themselves.

**They also experienced incredible improvements in physical, mental, and emotional health.** Their relationships improved...they became more tolerant and understanding...and they were *better able to love themselves and other people.*

Pretty amazing, don't you think?

*Holosync* affects mental abilities in two ways:

- 1) In changing your brain wave patterns, *Holosync puts you in the optimum state for enhanced learning, creativity, problem solving, and intuitive thinking.*
- 2) Then, the brain's normal "plasticity"—its ability to create new and permanent neural pathways between the left and right brain hemispheres—makes your access to these mental abilities permanent.

This means you learn to access the mental states you need *when you need them*--whether it's to focus, concentrate, learn, remember, be creative, or problem-solve.

And though *Holosync*'s ability to increase your mental abilities is truly remarkable, it will also change your life in many other ways. When you're making *alpha*, *theta*, and *delta* brain wave patterns, your brain makes several highly beneficial neurochemicals and hormones that...

- **Increase your inner peace and overall feelings of well-being...**
- Raise your threshold for stress...
- **Help resolve emotional problems, and...**
- Cause you to feel more connected to other people.

So in addition to enhancing their mental abilities, *Holosync* users...

**...feel happier, more centered,  
and more alive.**

Look, all I want is the opportunity to prove it to you. *Holosync* changed my life many years ago, and since then...

**...it's changed the lives of nearly two  
million other people in 193 countries.**

It will change your life, too, I promise.

And you don't have to take my word for any of this because ***Holosync* has a no-risk One-Year Money-Back Guarantee**. That means you can try it for an entire year, with absolutely no risk, and find out exactly what *Holosync* will do for you.

**At the end of that time if you don't think it's done everything I've said, return it and you'll get your money back.** Very few exercise this guarantee, though, because *Holosync* really works and those who use it go around telling everyone they know that they should be using it, too.

*Holosync* isn't new, and it isn't "unproven". As I said, nearly 2 million people in 193 countries have used *Holosync* to improve their lives.

**So why not be one of them?**

I've told you how you'll benefit—mentally, emotionally, in terms of your health and stress level, and even spiritually. And, believe me, if anything...

**...I'm underselling these benefits.**

***So what exactly do you get when you join*** this amazing program—and also, how do you use *Holosync*? First of all, you use *Holosync* by listening with stereo headphones, with closed eyes,

sitting quietly, as in a meditation. (The headphones are necessary so we can target the left and right sides of the brain with the *Holosync* stimulus.)

**The core of the program consists of** two soundtracks that actually go together: *The Dive* and *Immersion*. *The Dive* begins by placing you in an *alpha* brain wave pattern, the brain wave pattern of meditation, deep relaxation, joy, superlearning, and several other beneficial states.

**Then, we gradually slow your brain waves** into a deeper *alpha* state, then still slower and deeper into a *theta* brain wave pattern, and finally into *delta*...

**...the deepest, slowest brain  
wave pattern.**

There are tremendous benefits to each of these brain states, which I won't go into here. After a period of several days of using *The Dive*, you add the *Immersion* soundtrack, which holds you in the *delta* state you achieved with the Dive, increasing the length of your listening session, and increasing the benefits you receive.

You really will, as we often say...

**“Meditate like a Zen monk at  
the touch of a button”.**

**You'll also get several other special *Holosync*® soundtracks with Awakening Prologue:**

++ *Quietude* holds you in an *alpha* brain wave pattern, putting you into the perfect brain state for focus and concentration, learning, studying, or detail work. If you listen to *Quietude* while doing these things, you'll not only retain the information in a way that will amaze you...

**...you'll also be able to focus and  
concentrate for hours without  
getting tired or burned out.**

++ *Oasis* takes you into the deeper *theta* brain wave state, a state of *increased creativity, intuition, problem solving*, and what psychologists call *integrative experiences*—where you suddenly see a problem, a situation, or your entire life...

**...in an entirely new and  
more resourceful way.**

++ ***Super Longevity*** is a two-soundtrack set I made with Dr. Vincent Giampapa, a noted longevity researcher and past president of the *American Board of Anti-Aging Medicine*.

***Super Longevity*** is specially engineered to create *powerful changes in three important brain chemicals related to longevity, stress, and better health*: DHEA, cortisol, and melatonin.

++ ***We'll also send you another special soundtrack***, worth \$25, about a week or two after you start the program, at no charge.

**I'm going to keep that one a  
secret for now, though!**

++ ***You'll also get extensive education, follow up and support—one of the most important aspects of the program***. You'll receive a *series of follow up support letters and videos* that describe what's likely to happen as you use *Holosync*, what it means, how to best deal with it—and how to get the most benefit.

This material also includes important and cutting-edge information about the newest discoveries in brain science and how...

**...you can use these discoveries to  
dramatically improve your life.**

++ ***You'll also get unlimited telephone and email access to our highly trained staff of support coaches***, who know exactly how to guide you through the kind of accelerated changes you'll experience. You'll always have someone with whom you can discuss your experiences and your progress.

***These are not call center operators or sales people***, but rather experts in *Holosync* and how to benefit from it. Most of them have been with me for 10 or more years and have developed relationships with thousands of *Holosync* users.

Of course what you really get is a tool that will dramatically change you...bring a new sense of clarity, inner peace, and happiness into your life...lower your stress level...improve your health—both physical and emotional...and create...

**...an ease and flow you'll have  
to experience for yourself  
to really appreciate.**

**I'm sure at this point you'd like to know what all of this will cost.**

Well, it doesn't cost a thousand dollars, or even hundreds of dollars. *Awakening Prologue* is just \$179, which is ***about \$1 a day to get all these amazing and positive changes*** in your life.

And, you can also start with a quite modest down payment and pay the rest in small payments over 6 months.

Now, if you're balking at that price, here's something I'd ask you to consider:

**If you really knew, without any doubt, that you'd experience everything I've described**—the improvements in health, mental health, happiness, inner peace, mental clarity, learning, creativity, intelligence, confidence, motivation, longevity, and more—if you were SURE you'd get these benefits, ***isn't \$1 a day a ridiculously small amount?***

And then consider that *Holosync* works so well that we're able to take on all the risk for you by offering you **a full one year, 365-day guarantee, which allows you to use Awakening Prologue for even longer than the recommended time period and still get all your money back** if you don't think you've experienced all the benefits I've described.

**Do you know of any company  
that offers such a liberal  
and lengthy guarantee?**

**And, hardly anyone ever exercises it.** We have the lowest refund rate in the entire personal growth universe.

So, with no risk to find out, and such a small investment for such amazing personal changes, wouldn't you say that getting *Awakening Prologue* and *at least trying it* is the biggest no-brainer you've ever encountered?

As I said, I just want the opportunity to prove to you that everything I've told you is 100% gold-plated truth.

**So please, get Awakening Prologue** and find out why nearly 2 million people in 193 countries so love *Holosync*. To start getting all these benefits for yourself right away, just [click here](#) and in a few days you'll be using *Holosync* and begin experiencing everything I've been talking about.

**To start getting all these benefits  
for yourself right away, just [click here](#).**

Or, type this address into your browser: <http://www.centerpointe.com/t/sd-mental-clarity-transcript>

**Here are a few letters from *Holosync* users about how *Holosync* improved their mental abilities, learning ability, intuition, and creativity:**

**This one is from Kevin:**

“After using *Holosync* I've experienced a **great number of improvements. My brain feels sharp as a tack.** I handle complex accounting procedures. We have a computer that checks error rates. **My error rate has dropped from 8% to under 3%** which is the best in the whole company.”

\*\*

**Richard said:**

“I have **had periods of creativity since using Centerpointe** that I could not have conceived of before.”

\*\*

**Donna said this:**

“Since using *Holosync*, I've experienced a **noticeable increase in awareness, creativity and feelings of peace and contentment.**”

\*\*

**This last one is from Susan:**

“*Holosync* is the **best thing I have ever purchased.** I have **raised my energy level, mentally, emotionally, and physically.** Mentally, I have **more focus and clarity of thought,** and I am able to **persist with one line of thought, until the issue becomes clear** to me. I cannot thank you enough.”

\*\*

**Pretty impressive, don't you think? I'd like to receive a letter like these from you someday And, I probably will because *Holosync* really works.**

*And, if you have any questions, or you'd like to order by phone, you can talk to someone here who can answer all your questions between 9:30 AM and 5:00 PM Pacific time, M-F, by calling the numbers on this page.*

(And by the way these are *not sales people* but highly trained Support Coaches who talk to *Holosync* users by phone all day long. Most of them have been with me for 10 or more years and they're very knowledgeable.)

Outside those hours, our after-hours operators can take a message, or take your order, and if you want, a Support Coach will call you back as soon as we open in the morning.

**If you're ready to get started, just [click here](#) and in a few days you'll be using *Holosync* and you'll begin to see just what everyone's talking about. So please, take the leap. There's no risk. You can only benefit.**

Until next time, be well.

*Bill*