Awakening 1

PROGRAM INSTRUCTIONS
Detailed Instructions for Awakening Level 1

1. **Getting started** — First, read these instructions carefully. They contain new information not contained in the Awakening Prologue instructions. These instructions apply to both the CD and digital download versions.

2. **Using The Dive** — Begin your use of Awakening Level 1 by listening to The Dive once per day for 14 consecutive days. We recommend listening while sitting upright with your eyes closed. (Note that this version of The Dive is not the same as the one from your Awakening Prologue; it's stronger, with lower carrier frequencies).

   **IMPORTANT**
   USE STEREO HEADPHONES

   It is necessary to use stereo headphones with these soundtracks.

3. **Using Immersion 2.5** — After 14 days of listening to The Dive, add the Immersion 2.5 track to your listening session. In the CD version, this is the second track on CD #1. At this point, your listening session should consist of The Dive for the first 30 minutes and Immersion 2.5 for the second 30 minutes. Listen to both tracks in immediate succession (don’t break up the listening session). Continue listening to The Dive and Immersion 2.5 for 12 weeks.

   **Tip:** Sitting quietly for a few minutes after your listening session ends helps reduce upheaval-like reactions.

4. **Using Immersion 1.5** — After 12 weeks of listening to The Dive and Immersion 2.5, replace Immersion 2.5 with Immersion 1.5. In the CD version, simply switch out CD #1 for CD #2. Both CDs contain The Dive. At this point your listening session should consist of The Dive for the first 30 minutes and Immersion 1.5 for the second 30 minutes. As with CD #1, listen to both tracks in immediate succession (don’t break up the listening session). Continue listening to The Dive and Immersion 1.5 for 12 weeks.

   **Tip:** "What if I miss a day?" Sometimes our schedules interfere with our listening routine. If you miss a day, don’t worry. Just return to your normal listening schedule the following day. If you miss more than three straight days, add them in to your overall listening calendar. (For example if you’re scheduled to listen to a track..."
for six weeks but miss five straight days, add those five days to the end of the six week period.

### Awakening Level 1 schedule:

- **Weeks 1 & 2:** Use The Dive
- **Weeks 3 - 14:** Use The Dive & Immersion 2.5
- **Weeks 15 - 26:** Use The Dive & Immersion 1.5

Once you have completed both CD #1 (The Dive for 14 days + The Dive and Immersion 2.5 for 12 weeks) and CD #2 (The Dive and Immersion 1.5 for 12 weeks), you can move on to the next level (See: "How to tell when you're ready for the next level" for more info).

**Tip:** If you find that you're experiencing more upheaval than is comfortable, refer back to your support videos and other materials for the best ways to handle it. And feel free to contact our support team at 503-672-7117 M - F, 9am - 5pm Pacific.

#### 5. Using Floating

Floating is designed to reinforce the effects of your custom Autofonix affirmations. There is no Holosync on Floating, which means it can be played repeatedly during a single listening session. Floating contains only your personal affirmation script (encrypted using the Autofonix technology), and a Virtual Audio recording of ocean surf. (Your affirmations are also embedded on The Dive and Immersion soundtracks).

Note that while most people will not consciously hear their affirmations, some listeners occasionally hear a very faint hiss or buzz sound common to the Autofonix technology. This is normal and will not affect the effectiveness of the soundtracks.

You can listen to Floating once or on repeat anytime, although we suggest listening to it on repeat at night for optimal effects. It's best to listen with headphones, although it can also be played through regular stereo speakers. If listening at night, keep the volume at a comfortably low level (louder isn't better).

Don't worry if it takes some time to become comfortable using Floating at night. Just begin each night listening to it and turn it off if you haven't fallen asleep after an hour of listening. Over time, you should find it easier to listen to Floating throughout the night.
Tip: If your headphones are not comfortable to use while sleeping, Centerpointe offers an effective and inexpensive solution: The Sleepphones. These are soft, lightweight headphones designed specifically to be used during sleep. Log into your account at www.centerpointe.com/participants or call 503-672-7117 for details.

6. Managing Evolutionary Growth — This book comes with Awakening Level 1 and contains helpful suggestions and information about how to get the most out of your Holosync soundtracks. Think of the material in this book as an added set of tools designed to make your experience with The Holosync Solution deeper levels as smooth and enjoyable as possible.

How to tell when you’re ready for the next level:
If all four of the following have been met, you are ready to move on to the next level:

1. You have completed the minimum time recommended (six months each with Awakening Levels 1-3, and eight months for Awakening Level 4 and beyond)
2. Any physical, mental, or emotional upheaval has smoothed out or been released.
3. You are able to remain conscious during the majority of your listening sessions while sitting upright (and not sleeping through most of the session).
4. You sense that the soundtracks are no longer pushing your nervous system to change.

Remember, all four of the above should be met before going on to the next level. If you have any questions or would like some guidance about this or anything else regarding your experiences with your deeper level, contact the Centerpointe Support Team at 503-672-7117 or email us at support@centerpointe.com
7. Experiencing Upheaval — From time to time, the Holosync technology may push you in such a way that you experience some minor emotional discomfort or other uncomfortable responses. This is perfectly normal and usually subsides as soon as your nervous system begins to adapt to the stimulus. While some amount of upheaval is normal and a good sign that your brain is feeling the push from Holosync, it is not necessary to experience upheaval for the desired changes to occur.

If you do experience upheaval, please review your support materials and feel free to call our Accelerated Results Coaches on our support hotline at 503-672-7117 (M-F 9am-5pm, Pacific Time). In rare cases where upheaval becomes more intense, you may wish to take a two or three day break from listening until the reactions dissipate.

Tip: Do you hear a hum? Some listeners can detect a slight hum or low buzz sound on their soundtracks. This is the Holosync technology. It can sound more or less present in your headphones depending on the track you’re listening to as well as other variables. Don’t worry if Holosync seems louder or quieter from time to time as this is normal and won’t impact how well the technology works. If it seems too loud, simply reduce the volume or bass response on your CD or media player.

Converting your CDs to mp3 or other digital formats — If you wish to convert your Holosync CDs into a digital format, please use an uncompressed format like WAV or a high bitrate mp3 setting of 192 kbps or higher. If you’re unfamiliar with how to convert digital audio formats, we strongly recommend purchasing our mp3 versions which can easily be used on any media device without any additional conversion or modification.

A few words about the Autofonix technology and your affirmations

Your custom affirmations are recorded on The Dive, Immersion(s), and Floating. Because Autofonix uses a frequency modulation technique designed to encrypt the affirmations, most people will not consciously hear them at all as they’re outside the range of conscious detection (but still perceived on an unconscious level). Some listeners may hear slight higher pitched tones or a very faint “hiss” sound in the background of their soundtracks. This is the Autofonix technology. Whether or not you can hear the signal, the technology will still be effective.
A few words about Virtual Audio

Your soundtracks were recorded using the 3D Virtual Audio technology. Virtual Audio adds a multi-layered depth to your Holosync recordings conventional stereo recording can’t replicate.

If you listened to the online Virtual Audio demo you may notice that the overall “special effects” aspect of the demo is toned-down for your Holosync soundtracks. This is intentional, as the purpose of your Holosync tracks is, in part, to help you meditate, not distract you with audio effects.

Our policy regarding replacement of defective or malfunctioning CDs

We will gladly replace any CD that malfunctions due to a defect in the CD itself at no cost. Please call or email us (503-672-7117/support@centerpointe.com) if something goes wrong with any of your CDs.

Remember, we’re here for you! If you have any questions or concerns, feel free to call or email our Support Team. 503-672-7117 (M-F, 9am-5pm Pacific Time / support@centerpointe.com)

Be Well,

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