Detailed Instructions for Awakening Levels 1-4

1. Getting started — First, read these instructions carefully. They contain new information not contained in the Awakening Prologue instructions, including information about your custom affirmations, and several other bonus soundtracks you may have received with your deeper Holosync level. These instructions apply to both the CD version and the digital download version.

2. Using The Dive — Next, listen to the soundtrack entitled The Dive (CD #1, track 1). Listen in a sitting position with eyes closed, just as with Awakening Prologue. Use The Dive in this manner for the first 14 days.

3. Adding on Immersion 2.5 — After 14 days, begin to use the Immersion 2.5 soundtrack (CD #1, track 2) for the third thirty minutes of your listening session. At this point, The Dive and Immersion should be listened to back-to-back. Listen in this way for 12 weeks.

Do not use Immersion unless you have first listened to The Dive, as it will not work properly if you do not use The Dive first.

After four weeks, the length of your meditation may be extended to an hour and a half by playing Immersion more than once. (Optional.)

4. Adding on the deeper Immersion 1.5 soundtrack in Awakening Level 1 — After 12 weeks of using The Dive and Immersion set aside CD #1 and use CD #2 (The Dive and Immersion 1.5), making an hour listening session. Continue in this manner for the remainder of your time in Awakening Level 1 (at least 12 additional weeks). Always listen to The Dive for the first half-hour of your meditation session.

5. Using Immersion 1.5, 0.5 and 0.3 in Awakening Levels 2 and 3 — (Immersion 0.5 and 0.3 are available beginning in Awakening Level 2.) In Awakening Level 2 and 3, use The Dive alone for the first 14 days. Then, listen to The Dive and Immersion 2.5 for weeks 3-8 (6 weeks), followed by The Dive and Immersion 1.5 for weeks 9-14 (6 weeks), The Dive and Immersion 0.5 for weeks 15-20 (6 weeks), and finally The Dive and Immersion 0.3 for the rest of your time in that level (at least 6 weeks).

6. Using Immersion 1.5, 0.5 and 0.3 in Awakening Level 4 — In Awakening Level 4, after 14 days of The Dive alone, the time spent with each Deeper Immersion is doubled compared to Awakening Levels 2 & 3, i.e., 12 weeks with The Dive and Immersion, 12 weeks with The Dive and Immersion 1.5, 12 weeks with The Dive and Immersion 0.5, and 12 weeks (or more) with The Dive and Immersion 0.3.

Awakening Level 1 (total suggested time 6 months)

<table>
<thead>
<tr>
<th>Weeks</th>
<th>Use</th>
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<tbody>
<tr>
<td>1-2</td>
<td>The Dive alone (CD #1, track 1)</td>
</tr>
<tr>
<td>3-14</td>
<td>Use CD #1 (Dive and Immersion 2.5)</td>
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</tbody>
</table>
Awakening Program Instructions

Week 15 until finished with this level (12+ weeks) use CD #2 (Dive and Immersion 1.5)

Awakening Levels 2-3 (total suggested time 6 months)

Weeks 1-2 use The Dive alone
Weeks 3-8 (6 weeks) use CD #1 (Dive and Immersion 2.5)
Weeks 9-14 (6 weeks) use CD #2 (Dive and Immersion 1.5)
Weeks 15-20 (6 weeks) use CD #3 (Dive and Immersion 0.5)
Week 21 until finished with this level (6+ weeks) use CD #4 (Dive and Immersion 0.3)

Awakening Level 4 (total suggested time one year)

Weeks 1-2 use The Dive alone
Weeks 3-14 (12 weeks) use CD #1 (Dive and Immersion 2.5)
Weeks 15-26 (12 weeks) use CD #2 (Dive and Immersion 1.5)
Weeks 27-38 (12 weeks) use CD #3 (Dive and Immersion 0.5)
Week 39 until finished with this level (12+ weeks) use CD #4 (Dive and Immersion 0.3)

7. Using Floating — Floating is designed to reinforce the effects of your custom Autofonix subliminal affirmations. There is no Holosync on Floating. It contains only your personalized affirmations, and a Virtual Audio recording of the ocean, so it can be listened to for hours at a time.

You can listen to Floating any time, day or night, although we recommend listening during sleep time for best results. It's best to listen to Floating with headphones, although it will still have some benefit when played through regular speakers. **You will need to set your CD player to continuously repeat the one track on this CD.** The volume level should be as low as possible (while still being able to detect the surf sounds). Begin with one hour of use and then gradually increase to the entire sleeping period at whatever pace feels comfortable to you.

When using the Floating soundtrack with headphones, it is best to sleep on your back with your hands on your chest or at your side. Your head may be elevated or flat. Should you awaken during the night and find that you have switched to another position, simply go back to lying on your back. Most participants find that after an initial adjustment period, this sleeping position is not only easy to maintain, but actually preferable.

Don’t worry if it takes a while to become comfortable with Floating. **Just begin each night listening to it, and turn it off if you have not fallen asleep after an hour of listening.** Eventually, you will fall asleep with it on. We sell some inexpensive headphones that are perfect for sleeping. Call our office at 1-800-945-2741 for details. Floating may also be played environmentally during the day using either speakers or headphones for additional reinforcement.

8. Do you hear a hum? — Please note that it is entirely normal to hear a slight hum or vibration sound on your soundtracks. This is the Holosync technology. It will sound more or less present depending on the CD you’re listening to. Don’t worry if Holosync seems louder or quieter from CD to CD as it will not affect how well the technology works. If it seems too loud, simply reduce the overall volume of the CD, or reduce the bass response of your CD player.

9. Managing Evolutionary Growth — This book comes with Awakening Level 1 and contains helpful suggestions that will make your experience with The Holosync Solution as smooth and effortless as possible. The material in this book is an important part of this program and should be digested thoroughly.

10. Do not be concerned if your mind is busy while listening. — Often unconscious
material is stirred up and takes the form of random thoughts about mundane things. Let whatever experience happen be okay and just watch it go by. With time, you'll find it much easier to let these thoughts go, rather than becoming preoccupied or distracted by them.

11. Experiencing upheaval — From time to time, the Holosync® technology may push you in such a way that you become emotional or have other uncomfortable responses. Should this happen, call the Telephone Hotline (503-672-7117, 9:30 to 5:00, Pacific time, M-F). In rare cases, you may wish to stop your use of the soundtracks for a day or two until you are feeling better. Most people have only a minor amount of upheaval, and many have none at all. Refer to your support material, and Managing Evolutionary Growth for further information.

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 to the next level:

1) You have completed at least 6 months of use of your current level (one year for Awakening Level 4).

2) Any physical, mental, or emotional upheaval has smoothed out.

3) You are able to remain fully conscious during the great majority of your listening sessions when listening sitting up.

4) You have a feeling that the soundtracks are not as powerful or do not have the same impact they once had.

Remember, all four of the above should be met before going on to the next level. Note that Awakening Levels 1-3 take 6 months, while Awakening Level 4 takes up to 8-12 months.

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

Our policy regarding replacement of defective or malfunctioning CDs

We will gladly replace any soundtrack that malfunctions due to a defect in the CD itself or the production process. Please call or email us (support@centerpointe.com) if something goes wrong with one of your CDs and we will replace it immediately.

A few words about the new Autofonix® Technology and your affirmations

Your custom affirmations, unless you chose not to have any, are on The Dive, all the Immersion soundtracks, and Floating. You cannot consciously hear them, however, because the frequency modulated signals used in our proprietary Autofonix silent messaging technology are out of the conscious hearing range of most people, though a few people can hear them.
Should you be one of those who are able to hear them (very unlikely), you may turn down the volume a bit and they will disappear. They will still be effective, however.

Remember that Holosync is the most powerful part of these soundtracks.

Be sure to carefully read all instructions and all follow-up support materials, and to use the Telephone Hotline (503) 672-7117 if you need to discuss your experience.

Your experience may not be anything like you thought or wished it would be. Though most people respond in the same general way to the deep changes experienced in the program, no one knows exactly how your nervous system will respond to the Holosync technology. All we know is that the nervous system will do whatever it needs to do to evolve to the next level.

Your main job is to “get out of the way,” so to speak, and to let whatever happens be okay. That means giving up resistance (not always easy!) when it occurs and accepting even those feelings and sensations that you may initially not care for. The support materials will help you do this.

Your overall experience of the program will be a very positive and rewarding one. It is, in fact, quite an adventure—one that will take you to some pretty amazing places before you are through. Thank you so much for being a part of The Holosync Solution, and the on-going evolution of our planet.

Happy quantum-leaping to you!

**A few words about Virtual Audio**

The enclosed CDs are recorded using the new Virtual Audio 3D recording process. You’ll notice they’re not as dramatic as the demo, because the demo uses sound effects designed to show off Virtual Audio (VA). On these CDs, we’re meditating, rather than trying to dazzle you. (We could have made the gongs go crazy around your head, but that would be distracting.)

If you listen to the old Dive (from Awakening Prologue) and the new in succession, though, you’ll definitely notice the difference. First, there is a major improvement in overall sound quality. The VA Dive sounds crystal clear. Second, you can definitely hear the sound of the gongs moving slowly around your head. What is more, the rain and the gongs are outside your head rather than inside. The sounds in the old version are inside your head.

The most important thing to keep in mind, though, is that the driving force of this program, what makes it really work, what gives you the deep meditative experience, and what creates the incredible changes people experience with this program, is Holosync. The Autofonix technology we use to record the affirmations is powerful, as well, but without Holosync, we really have nothing. VA was added to enhance your ability to stay relaxed, and because it’s much better sounding than stereo sound and, in fact, does sound real. Enjoy!

**Gamma Compassion CD**

The Gamma Compassion CD (available beginning in Awakening Level 3) is based on a traditional Buddhist meditation method called “Metta Bhavana.” This practice is focused on cultivating feelings of loving kindness toward oneself and others. A recent study published in the National Academy of Science involving monks adept at practicing “Metta Bhavana” indicates EEG patterns in the Gamma brain wave range during this particular meditation. The Gamma Compassion CD is based, in part, on these recent findings and is designed to replicate these brain wave patterns.
(For details on this study, please visit the following link: http://www.pnas.org/cgi/reprint/101/46/16369)

(For details on the traditional Buddhist Metta Bhavana meditation practice, please visit the following link: http://www.centerpointe.com/gamma/compassion_meditation.pdf)

What’s on the Gamma Compassion CD

The Gamma Compassion CD includes Holosync with a carrier frequency tuned to the level you’re using. There is a unique Gamma Compassion CD for each level.

The affirmations included on Gamma Compassion are:

May I be well. May I be happy. May I be free from suffering. May my friends be well. May my friends be happy.

May my friends be free from suffering. May those beings I do not personally know be well. May those beings I do not personally know be happy. May those beings I do not personally know be free from suffering.

May those I’ve thought to be enemies be well. May those I’ve thought to be enemies be happy. May those I’ve thought to be enemies be free from suffering.

May all sentient beings everywhere be well. May all sentient beings everywhere be happy. May all sentient beings everywhere be free from suffering.

I am compassionate. I am kind. I am patient. I am loving. I am caring. I help others.

How to use Gamma Compassion

Feedback from thousands of Centerpointe participants suggests that you’ll gain excellent benefits by working with the Gamma Compassion CD in one of the following ways:

1) You may use the Gamma Compassion CD every other day as a substitute for Immersion, immediately following The Dive. (Day 1: Dive/Immersion, Day 2: Dive/Gamma, Day 3: Dive/Immersion, etc.)

2) You may add the Gamma Compassion CD to your hour-long Dive/Immersion listening session, making a 90 minute daily session. (Dive/Immersion/Gamma).

3) You may use the Gamma Compassion CD independently of your Dive/Immersion listening session. The Gamma Compassion CD can be used as a stand-alone meditation if you wish, at a different time of day from your Dive/Immersion session. You can simply sit passively while listening, or incorporate the Metta Bhavana methods described here: http://www.centerpointe.com/gamma/compassion_meditation.pdf

Feel free to experiment with one or more of the methods described above to determine what works best for you. Remember to allow a few days or weeks of consistent usage (regardless of which method you choose) before assessing the effects.

As with all Holosync soundtracks, always use stereo headphones with the Gamma Compassion CD. For best results, listen with eyes closed in an upright position.

Note that if you elect not to use the Gamma Compassion CD, follow the instructions for the basic daily listening routine with The Dive and Immersion soundtracks.
Alpha Super Focus CD

Alpha Super Focus (available beginning in Awakening Level 4) places you in an alpha brain wave pattern using the same carrier frequencies as the rest of your deeper level soundtracks. Alpha is the brainwave pattern of accelerated learning and focused attention. This soundtrack is great for listening while reading or studying to maintain attention and absorb information.

Listen with headphones any time of day. You may listen once-through or repeatedly if you wish. You can listen to the Alpha Super Focus CD while doing other things (but as always, never listen to any Holosync CD while driving or operating machinery).

Super Theta CD

You can use the Super Theta soundtrack (available beginning in Awakening Level 4) as a substitute for The Dive once or twice per week (Super Theta, followed by Immersion, for a one hour listening session). Or, simply listen to it separately, once or twice a day, any time of day. For optimal benefit, simply sit comfortably, relax with eyes closed, and listen. As with all Holosync soundtracks, listen through stereo headphones, and never listen while driving or operating machinery.

The Super Theta soundtrack places you in a theta brain wave pattern using the same carrier frequencies as the rest of your deeper level soundtracks. The theta brain wave state is associated with enhanced memory and learning, increased creativity, deep relaxation, and the release of old, unresolved mental and emotional issues (among many other benefits).

Transferring your Holosync to an iPod or other device

You may transfer your Holosync soundtracks to an iPod or other device as long as you use an uncompressed format (.wav or .aiff), or choose a higher bit rate.

Be well.

Bill

Bill Harris, Director
Centerpointe Research Institute