

The Holosync Solution™

In 1985, Bill Harris became aware of, and began experimenting with, a remarkable audio technology he found mentioned in a research paper published in *Scientific American* (October 1973) by Dr. Gerald Oster, a research scientist at Mt. Sinai Medical Center in New York. Based on Dr. Gerald Oster's original research and Centerpointe's own research and experimentation, a very powerful audio technology called **Holosync®** was created, which is placed inaudibly beneath peaceful music and environmental sounds. Many people call it "instant meditation"—but it's much more than that. This audio technology, when listened to with stereo headphones, produces some absolutely mind-blowing experiences (and benefits) for the listener:

Profoundly deep meditation.

Dramatic increases in the production of a whole variety of beneficial brain chemicals, including pleasure-causing endorphins—as well as a number of others proven to slow aging and increase longevity and well-being.

The release and falling away of dysfunctional mental and emotional patterns (such as anger, fear, anxiety, depression, sadness, substance abuse, self limitations, etc.)—even those that have stubbornly resisted other methods.

Increased learning ability, enhanced creativity, greater intuition, improved focus and concentration—and (even more amazing) greatly increased personal self-awareness (scientists call this combination "whole brain functioning").

Dramatically lower stress levels, and an increased ability to deal with whatever comes at you from the world, calmly and clearly. You become more relaxed, less anxious, more centered, more peaceful, and more connected to others.

Achievement becomes easier, and without the same feelings of anxiety and stress. Taking the risks necessary for success doesn't seem so scary anymore. Good things begin to just "happen" in such a way they almost seem to fall right into your lap.

The need for sleep decreases, yet aliveness, vitality and energy increase!

Experiencing deep meditative states each day provides a super-enriched environment for your nervous system, causing enormous (and very beneficial) changes in the brain. What we're actually doing is gradually giving the nervous system more input (of a very precise nature) than it can handle, the way it is currently structured, in much the same way exercise gives your body more than it can handle physically, pushing it to grow stronger. The brain's response? Reorganization at a higher level. Creation of new neural pathways. Increased communication between the left and right hemispheres of the brain, leading to what scientists call "whole-brain functioning."

I have been using this technology for over three and a half years, both personally and with Integral Recovery clients, and have seen dramatic results in each and every case. In a conversation with Ken Wilber, he told me that for therapists *not* to use this technology at this point with their clients borders on negligence.

To order Holosync® meditation CDs, please go to www.integralrecovery.com, click on Resources, and then under Meditation Tools, click on Centerpointe Research Institute.