

# How The Holosync® Technology Works

**So many people have asked me** exactly how Holosync® technology works, and how each deeper level of the program differs from the previous level, that I've decided to write this Special Report to clarify these questions.

In the early 1970s the Menninger Foundation studied some Indian yogis who were in the United States. Using various instruments, they measured the yogis' control over supposedly unconscious mental and physical functions. These studies gave researchers the first peek at...

## **...the electrical brain wave patterns of meditation.**

Shortly thereafter, the Transcendental Meditation movement of Maharishi Mahesh Yogi also conducted studies that showed the brain wave patterns of the meditative state. By the mid-1970s, the scientific community has a pretty good idea of what brain wave patterns meditators were creating.

At about the same time, but completely independently, a researcher named Dr. Gerald Oster, of Mt. Sinai Medical Center in New York, published a paper in *Scientific American* entitled *Auditory Beats in the Brain*.

This paper described research Oster had been conducting since the 1950s regarding...

## **...how sound waves effect brain wave patterns.**

Oster had in fact discovered a method, using sound, to create any desired electrical pattern in the brain, including those of meditation. A small field sprang up around this technology (and a related technology that uses flickering lights to alter brain wave patterns).

Those in this field focused (mistakenly, in my opinion) on what I would describe as the *symptoms* of exposure to these brain-altering technologies. They would say, for instance...

*"We will put you in an alpha brain wave pattern and you will experience superlearning."* or...  
*"We will put you in a theta state and you will have an out-of-body experience."* Or whatever.

This, to me, is like a runner thinking that the most important thing about running is...

## **...breathing hard, getting sweaty, and your legs getting tired.**

These are *symptoms* or *effects* of running, but the real essence of the experience is that the cardiovascular system and the muscles are reorganizing at higher levels of functioning—called...

**..."getting in shape."**

My view of what happens when we expose ourselves to these brainwave altering technologies is completely different.

First of all, the sound technology Oster discovered (which is the basis of all neurotechnologies using sound), as well as the flickering lights used in "light and sound" devices, both create very great fluctuations in electrical brain wave activity.

As one moves from the beta brain wave pattern of normal waking consciousness, to the slower brain wave pattern of alpha, then deeper into theta, and finally to the deepest delta...

**...electrical fluctuations in the brain  
are constantly increasing.**

Here is the important point, though. **These fluctuations give the nervous system input, or stimulus, beyond its ability to handle, *the way it is currently structured.***

In order to handle the fluctuations created by this very precise sound stimulus, the nervous system is forced to *reorganize itself at higher, more complex levels of functioning*, evolving a new structure that *can* handle the input it originally...

**...could not handle.**

As the brain continues to receive this stimulus, the nervous system continues to reorganize itself, in a series of quantum leaps—some at a micro-level of functioning and some at a much more global level...

**...until a new structure has been created  
that can easily handle this input.**

This model of change is based on the work of scientist Ilya Prigogine, who won the 1977 Nobel Prize in chemistry for his work on the growth and evolution of what scientists call "non-linear open systems," also called "dissipative structures."

**This work is, in my opinion, one of the greatest scientific advances of the modern era, in the same class as quantum physics and the theory of relativity.**

Scientists have applied Prigogine's work to everything from how a seed germinates to how a corporation expands, a highway system grows, a cell divides, or an audience breaks into applause. It has been applied to the movement of the stock market and to the expansion of the universe...

**...and to your mental, emotional, and spiritual  
growth and evolution as a human being..**

(I have written extensively about Prigogine's work in the introductory materials for The Holosync Solution program and in my book *The Management of Evolutionary Change*, which is free when you move to the second level of the Holosync Solution program, Awakening Level 1.

Neurophysiologically, this reorganization in the brain causes the creation of new neural pathways, resulting in communication between parts of the brain that previously were not communicating, or were communicating only a minor amount.

One of the unique things about Holosync is its ability to create synchronization between the two hemispheres of the brain, over time making this kind of cross-hemispheric whole-brain communication...

**...permanent.**

This increase in communication within the brain leads over time to what scientists call *whole brain thinking* or *whole brain functioning*. This fosters improvements in learning ability...creativity...intuition ...mental clarity...and intelligence—plus an increase in what some would call "mystical" or "metaphysical" powers—in my opinion, latent abilities we all have but usually do not exhibit because...

**...we use such a small portion of our brains.**

But here's what is really amazing. Every time the nervous system makes a quantum leap—every time your brain reorganizes in response to the Holosync stimulus—in order to make that shift ***you have to let go of some of the unresolved mental and emotional material we all have under the surface in the unconscious mind.***

Whether it's unresolved fear, anger, anxiety, sadness, or limiting beliefs, some of this material will be incompatible with the brain's ability to operate at the next higher level of functioning and as a result...

**...it will be resolved.**

Eventually, the nervous system comes to a point where it has made all the changes it needs to make to handle the extra input it's receiving.

The same process happens with the runner who, after weeks or months of training, can now easily run five miles. Running five miles at that point no longer pushes the body to better physical condition (unless, of course, he or she runs faster—but let's not complicate the analogy yet).

With the neurotechnology explorer, this is the point where he or she says, "This CD (brain machine, etc.) used to have quite an impact, but now it doesn't seem to affect me as much as it once did." Many of you have told me of having this very experience with other neurotechnology approaches before finding Centerpointe and Holosync.

Years ago, when those of us who were experimenting with what became Holosync reached this point in our early experiences (the point where nothing more seemed to be happening)...

**...we were disappointed.**

"So much has happened," we said, "and we've had so many amazing changes. It's a shame we're not being pushed to grow anymore." At this crucial point, however, I asked a question that no one else in this field was asking—a question that really opened the doorway to getting...

**...much more from this type of technology.**

No one was asking this question because they were stuck in what I mentioned before—focusing on the particular brain wave pattern being created and the accompanying momentary experiences or symptoms, rather than on the deeper and more significant underlying evolutionary changes which were happening.

This is partly because the explanation I've given of the brain reorganizing at higher levels in response to a stimulus beyond its ability to handle is not something you will hear from the rest of the neurotechnology community...

**...even though it describes *exactly* what is happening.**

Here, then, is the question I asked: "Is there something else we can do, something we haven't yet noticed, to increase the amount of input we're giving the brain, and which will allow us to continue the evolutionary changes we've been enjoying so far?"

**It was in answering this question that I began to look at something called *carrier frequency*.**

To understand carrier frequency, you have to understand at least a simplified explanation of how the different brain wave patterns are created. We do this by introducing a tone of a certain frequency into one ear (which affects the opposite side of the brain) and a tone of a slightly different frequency into the other ear.

**Your electrical brain wave patterns will then resonate to the *difference* between these two tones.**

If we make the difference ten cycles-per-second, for instance, the predominant brain wave pattern will be ten cycles per second, which is the middle of the alpha range.

Notice that there are *an infinite number* of pairs of tones we could use to induce (for instance) a ten-cycle-per-second alpha state. As long as the *difference* between the tones is ten cycles per second, it doesn't matter what the tones are—your brain will go into a ten cycle per second alpha state.

It seemed intuitively obvious to me, however, that the lower the two tones were—in other words, the lower the *carrier frequency*...

**...the more powerful the effect would be.**

(I have to admit that I was blown away by the discovery that *no one else* in the neurotechnology field was paying any attention to this little piece of incredibly important information. They were [and still are] too hung up on "what brain wave pattern are we in?" and the momentary "symptoms" of being in that state.)

Once we determined that the lower the carrier frequency, the more powerful the effect, we naturally wanted to find out just how low we could go.

So, being young and reckless, we made ourselves some ultra low-frequency soundtracks and started listening to them every day. At first we were *very* euphoric, but within four or five days we were...

***...freaking out!***

We had so much mental, emotional, and even physical "stuff" coming out of us all at once that we were *totally* overwhelmed.

I later found out that we were experiencing was what Eastern meditation schools call a "kundalini awakening".

But without the body or the nervous system being purified enough to handle the energy, it was too much for us.

These soundtracks we made in the early days, by the way, correspond to the strength of something between what is now Awakening Level 4 and Purification Level 1—we now have levels that are much more powerful, but we only use them after building up to it gradually.

From this very uncomfortable experience we developed the idea of having an on-going program where we would start people out with a carrier frequency that would be *challenging* to the nervous system...

**...but not overwhelming.**

Then, after several months of daily use, when the nervous system had finally come to the point where it had made all the changes it needed to make to handle the input it was receiving, and the soundtracks didn't seem to feel very strong anymore, we would move the person to the next level of the program by lowering the carrier frequency—still taking them into the same alpha, theta, delta brain wave patterns...

**...but at a lower and more powerful carrier frequency.**

When we did this, we noticed, first of all, that the soundtracks felt powerful again. Plus, a whole new and deeper set of changes began to happen. Then, after six months or so, the nervous system would again come to the point where it had finished making whatever changes it needed to make to handle the stronger input from this new and more powerful carrier frequency.

At this point we would once again move the person to a still deeper level, with an even lower carrier frequency—and so on, and so on, and so on, until we had taken them as low as it is possible to go.

**During this time, incredible changes—  
different for each individual—would unfold.**

There are two ways, then, for us to give the nervous system input or stimulus which pushes it to reorganize at higher levels of functioning. One is by slowing the brain from beta to alpha, then to theta, and finally to delta. Each deeper brain wave pattern creates greater fluctuations in the brain and...



**...pushes it to create new neural pathways and new connections.**

The second way to give the nervous system a greater stimulus is to lower the carrier frequency we use to induce the alpha, theta, delta brain wave patterns.

Both are necessary. Without the unique ability of Holosync to create cross-hemispheric communication and brain synchronization, we would not create new pathways in the brain. A strong stimulus is not enough—if it were, we could just loudly bang on pots and pans to create brain evolution. The stimulus, however, needs to be of a certain kind, and luckily we have the technology to...

**...provide exactly the stimulus we need.**

But we also need the increasingly lower carrier frequencies. Otherwise, we would end our journey after a few months of use, once the brain finished creating the pathways needed to handle the first set of frequencies we originally used.

Lowering the carrier frequency, for us, is like the runner adding more miles to his or her daily run.

**Eventually I concluded that carrier frequency was the master key that really allowed us to take full advantage of Holosync and to continue the process of change...**

**...far beyond the point where other neurotechnology approaches pooped out.**

*This is why it is so important to continue into the deeper levels of The Holosync Solution.*

By gradually increasing input to the brain through the use of increasingly lower carrier frequencies, we continue to move the brain to higher, more complex levels of functioning where unresolved mental/emotional garbage cannot exist and is resolved and...

**...where higher mental (and spiritual) functions are developed.**

My own personal experience with this technology was the melting away of a lifetime of uncontrollable anger and the elimination of life-long bouts with severe depression. I also gained, over time, incredible clarity of mind and greatly increased self-confidence (I never could have organized or run a company like Centerpointe before, I'm sure).

One of the more difficult changes to describe, but certainly one of the more far-reaching, was the development of a very deep insight into who I am, and how I am responsible...

**...for *everything* that happens in my world.**

Out of this insight came changes in every area of my life: relationships, self-confidence, health, finances, creativity, mental clarity, and feelings of connectedness with the rest of the world.

These changes did not happen overnight (in fact, they're still happening). They have unfolded over several years, with some periods of intense upheaval and other periods where it felt I was at a plateau. After several significant breakthroughs, I learned to trust the process rather than continually analyzing it and trying to decide if it was "working."

That the breakthroughs were of a magnitude and permanence I had never experienced before—despite the fact that I had spent nearly twenty years intensely participating in every personal development approach that came down the road...

**...gave me the confidence to let go and trust the process.**

I sometimes tell people that the *really* big changes start when you get to Awakening Level 4 and beyond. Some people take this to mean that the levels preceding Awakening Level 4 are not that important.

This is not so at all. Incredible changes happen for people in these first few levels, and these changes prepare the way for even deeper shifts to follow. It's just that it is difficult to describe the depths of change that are now possible due to our new-found ability...

**...to stimulate the brain in this unique and powerful manner.**

Even those who come to the program convinced they've already handled "everything" are surprised to find deeper and deeper levels of unresolved material as they go deeper into the program.

As this material is resolved, more and more profound levels of awareness and inner resources unfold for them, and changes happen that they really...

**...could not have imagined when they started.**

I started Centerpointe because Holosync totally changed my life, but I'm sometimes at a loss as to how to adequately explain just what I mean by that. The changes have been so far-reaching that the person I used to be now seems like a faint memory...

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**...of some other person from some far-away place.**

My hope for you is that through this program you will be led to your own version of the same adventure I have had with this technology.

There's nothing more satisfying in life than finding something that really works and sharing it with others. This company is my attempt to be of service to people like you. I want to sincerely thank you for playing a part in allowing me to do something that makes me feel useful and valuable.

I hope that through the changes and insights you experience from this program you will find, if you haven't already done so, your own contribution to the world, your "labor of love."

Be well.

Bill Harris, Director