



An amazing new way to *talk to yourself*—in a super-positive and super-resourceful way—
creating dramatic and positive changes in how you see yourself, and in your life

The fascinating story of how research with the deaf led to Centerpointe's proprietary Autofonix® *silent communication technology*

Dear Centerpointe friend,

Interesting, and absolutely true: From the very moment you were born, your unconscious mind began sucking up information, storing it away, and using it to create an internal map of...

...who you are and what your relationship is to the rest of the world.

This Internal Map of Reality is what creates the internal experiences you have (your emotions and other internal states) and the external results you get in your life. In other words, this Map of Reality...

...creates your life!

How this map is constructed is the main determining factor of your success or failure, your happiness or unhappiness. Unfortunately, this map—and it's moment-by-moment workings—operates (for almost every person) unconsciously, *outside your awareness*.

This means that your map often creates results you don't want, without your being able to see how these results are generated. Because they are generated unconsciously, these results don't seem as if you created them.

They seem as if they "just happened."

To create the results you want, inside and out, and do so consciously and intentionally, you must remake that map in such a way that it performs the way you want it to.

One way to do this is to look at, and take apart, each aspect of your map of reality—your beliefs, values, decisions, attitudes, filtering mechanisms, ways of storing and retrieving information, and so on. Then, decide what works, and re-do what doesn't.

I have created a very comprehensive series of lessons that will allow you to do just that, called The Life Principles Integration Process®. (You can listen to a free preview lesson by going to

www.centerpointe.com/life/preview.)

Second, your use of Holosync[®] powerfully remakes the parts of your map that don't serve you.

Here's how:

Holosync makes what was unconscious, conscious, and as you become more and more consciously aware of how all these different aspects of your internal map of reality generate your experience and results of life...

...those parts that do not serve you *automatically* fall away.

Why? Because you can continue to do something that does not serve you *only* if you do it *unconsciously* (and I don't mean that you "know" you're doing it—being conscious is much more than cognitive knowing—but I've covered this extensively in my other writings).

The bottom line is that if you watch yourself consciously create something that does not serve you, it falls away.

When I started Centerpointe in 1989, we had what we thought was a great idea: adding subliminal affirmations—chosen by the participant and recorded in his or her own voice—to our Holosync soundtracks.

We did this because Holosync places the listener in a very suggestible state, and we wanted to take advantage of that suggestibility to...

...place positive, life-changing messages into the unconscious mind.

After all, noted neurotechnology researcher Dr. Thomas Budzinski has said that in the states created by Holosync "a lot of work gets done very quickly" because the brain "has these properties of uncritical acceptance of verbal material, or almost any material it can process."¹

“Wow!” we thought. “We'll change the world!”

The only problem was, it didn't seem to work very well. We could easily create the super-suggestible state we wanted, but the messages just didn't seem to be getting...

...into the unconscious mind.

No question about it, people were getting *spectacular* results with Holosync. As you know, Holosync, among other things, gives the brain a stimulus which causes the creation of *new neural connections* between the left and right hemispheres of the brain.

This process produces a very pleasurable meditative experience...all kinds of deep and positive changes in emotional health...and some impressive improvements in mental abilities, including...

» Increased learning ability...

1. Budzinski, Thomas. "A Brain Lateralization Model for REST." Paper delivered at first International Conference on REST and Self-Regulation, Denver, Colo., March 18, 1983.

- » Enhanced creativity...
- » **Greater intuition...**
- » A greater ability to focus and concentrate.

But as amazing as these changes were, they weren't necessarily connected to the affirmations people had added to their soundtracks.

But I don't give up easily! After a lot of looking and experimenting, in 1993 I found a *completely new* system of delivering the messages to the unconscious mind, and we used this method very successfully until early 2003.

This new technology was quite a departure from traditional subliminal affirmations, and a very effective way to add personal affirmations to the custom made soundtracks of the deeper levels of the program.

I was introduced to this new technology by Michael Hutchison, author of the best-selling book *Megabrain* (though this book is over 20 years old, it still contains very important information about neurotechnology—if you haven't read it yet, get it). In those days Michael had his eye on all the cutting edge research in this field, so when he told me this new technology was state of the art...

...I listened.

The big difference between this new technology and traditional subliminal affirmations was that it was

...not actually subliminal!

That is, it wasn't below the limits of hearing in terms of volume, as are traditional subliminals.

Instead, it was *above* the limits of human hearing—not in volume, but in frequency. In other words, the messages were *frequency modulated* to a very high carrier frequency chosen in such a way that the brain and the ear...

...could demodulate (in other words, *decode*) the signal.

This meant that at least on an unconscious level, the listener could understand it. (By the way, this is the same principle used in FM radio.)

This new approach allowed the messages to be...

- » Completely silent to the human ear, yet many times louder than everything else on the CD (rather than softer, as with traditional subliminals)...
- » **Picked up very powerfully by the mind.**

This type of technology has even been used to communicate, for the first time, with the profoundly deaf—something that immediately made my ears perk up when I first read about it.

From the Atlanta Constitution/Journal, from July 6, 1991:

Researchers reported Friday that both hearing and deaf people are able to understand words

transmitted at high-frequency levels once thought to be outside the range of humans. The deaf and hearing-impaired older people are among those able to understand words translated into the ultrasonic range and transmitted through a vibrator placed against their skulls, Dr. Martin L. Lenhardt of the Medical College of Virginia reported in Science magazine.

Wow, I thought! Amazing!

I immediately ran down to the library and looked up the *Science* article they referred to (*Science*, Vol 253, July 5, 1991, submitted by scientists M.L. Lenhardt, Department of Otolaryngology and Biomedical Engineering Program, Medical College of Virginia, and Ruth Skellett, Peter Wang, and Alex M. Clarke, also of the Biomedical Engineering Program, Medical College of Virginia).

Here are a few pertinent excerpts:

*...eight additional normal, young adults (20 to 29 years of age) served as listeners when words were completely modulated into the ultrasonic range...In order to quantify speech recognition, the same eight subjects were given an abbreviated version of the Word Intelligibility by Picture Identification (WIPI) test, a closed-set, picture identification task. Each work was presented in the ultrasonic range, and the listeners were instructed to point to the correct one of six pictures... **Mean recognition scores of 83% correct (with a range of 70 to 90%) were observed for both carrier frequencies. These results were well above the chance level of 16%.***
[Emphasis added.]

Then, a bit later in the same article:

*The present results suggest that **some neural substrate is capable of encoding speech signals when these speech signals are modulated into the ultrasonic frequencies.** This is true in the normal hearing individual, the older listener with compromised auditory function, as well as in the profoundly deaf person with no substantial auditory function.* [Emphasis added.]

Isn't this exactly what we're doing when we use headphones to listen to Holosync soundtracks, I thought—vibrating something (the headphone earpiece) against the skull, around the ear?

What's more, because the signal is in the high-frequency range (dog-whistle territory), we can easily make it *much* louder than the other sounds on the CD (without your consciously hearing it)...

...unlike traditional subliminals, which are softer.

Between 1993 and early 2003 we used a vendor in Georgia to re-record the affirmations cassettes sent to us by our participants with this type of technology (you can now record your affirmations over the telephone on a special phone line we've created).

And, it worked great. Now, the affirmations clearly worked!

But being curious by nature, and thinking we could possibly improve the technology, early in 2002 I put our research department to work to see what they could come up with.

Not only did I want to see what improvements we could possibly make, I also hoped to bring the

entire process in-house...

**...saving you and other
participants both time and money.**

One of the downsides to using the outside vendor was that he was the only one using such a technology commercially. To use his technology, we had to ship the affirmation cassettes participants sent us (recorded in their own voice) across the country from Oregon to Georgia...

...and then, wait for them to come back.

This increased how long it took to get you your new program level by two weeks (sometimes more). And, to cover our costs, we had to charge participants \$60.00 if they wanted to change their affirmations when they went on to a new level (changing them is, however, optional).

In early 2003, after many trials and errors, we began to realize we had created a new and improved version of a frequency modulated silent messaging technology—one that, according to our EEG biofeedback studies, seemed to work very well. In fact, both when viewed on an EEG, and on an oscilloscope—and also when we evaluated it subjectively...

...it seemed to work *better*.

So, in early 2003, to produce a more effective product, and to save our program participants both time and money (for instance, we lowered the cost for changing affirmations—should you want to—to \$40), we began using our own silent messaging technology, which we call *Autofonix*.

When you experience it for yourself, I think you'll agree that...

...it is *truly amazing*.

A few skeptics have asked me whether or not these very powerful high-frequency signals might be in some way harmful to the ear. Apparently the opposite is true!

Here's why:

The great French scientist, Alfred A. Tomatis, began using high-frequency frequencies to treat a variety of health problems as far back as the 1950s. Some of the results Tomatis found in subjecting the brain to this type of high-frequency stimulation include:

- » **Easier, more efficient sleep. Sleeping time in some cases shortened by 2 to 3 hours a night.**
- » New vitality and sense of well being.
- » **Obliteration of tiredness.**
- » Deep relaxation and relief of anxiety, with consequent healing of stress-related disorders such as high blood-pressure, hypertension, digestive problems.
- » **Help for dyslexia, hyperactivity and behavior problems in children.**

- » Weight loss.
- » **Heightened creativity and mental capacity. Improved memory, concentration and learning ability.**¹

And this is the effect of just the sound itself—not the messages!
When you add the effects of the messages...

...you've really got something!

So how is this technology used in the customized levels of the program?

Here's how:

When you finish your time with Awakening Prologue and place your order for Awakening Level 1 (the first custom level of the program), you will receive an email with several pages of sample affirmations along with instructions for calling our special affirmation recording line to record your affirmations over the phone. (Don't worry, it's easy.)

Though we send you five pages of potential affirmations to give you some ideas, you can use any affirmations you want. We then encode your affirmations into Autofonix signals, and then add these now-silent ultra-high frequency messages to the six soundtracks in each custom-made deeper program level. Your affirmations repeat throughout the length of the soundtrack.

The results we've seen using Autofonix have been nothing short of spectacular, for three reasons:

- 1) The delivery system is *much* more powerful,
- 2) Because of Holosync, you're in a super-receptive state while listening to the messages, and
- 3) The messages are in *your own voice* (the one you've been using all your life to talk to yourself), which...

...adds another powerful level of effectiveness.

One last word, and it's very important:

Keep in mind that as powerful as the silent affirmations are when delivered in this new way, *the real driving force of the program is still the Holosync audio technology*, which creates changes in the brain at a level even *deeper* than the verbal and cognitive levels (and of course creates the suggestible state that makes the silent messages even more potent).

As always, be well.



Bill Harris, Director

PS: Be sure to read the information about how the deeper levels of the program differ from Awakening Prologue and listen to the Virtual Audio demo. The 3D sound quality will blow you away!