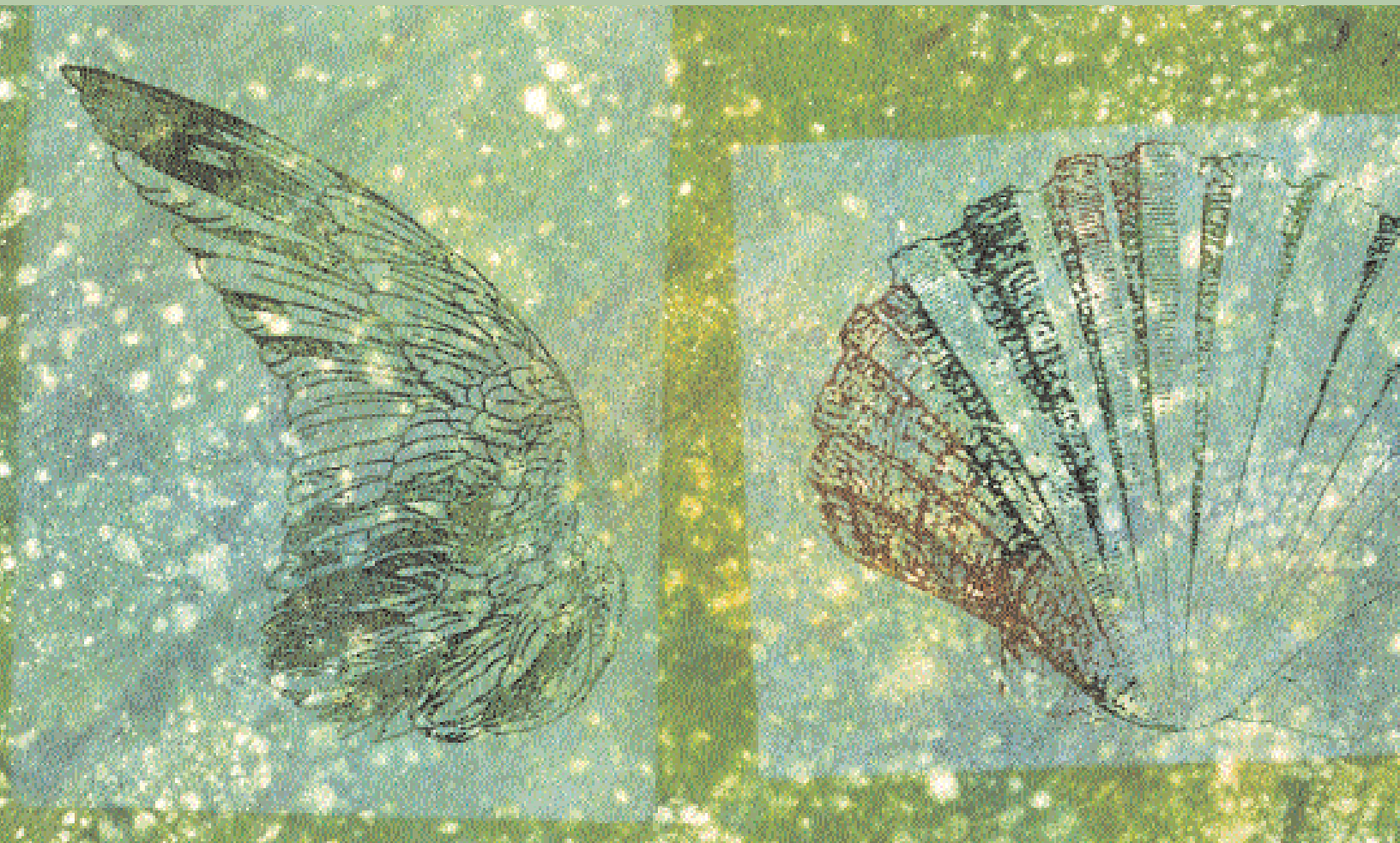


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Nine Principles for Conscious Living

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Nine Principles for Conscious Living

Bill Harris, Director
Centerpointe Research Institute

One of my duties as Director of Centerpointe Research Institute is leading the retreats we hold several times each year. At these retreats we create an environment where people become very intimate and very trusting in just a few days. People feel such safety that they share their deepest fears, problems, concerns, and traumas. In return, they are supported, nurtured, and cared about as they work through as much healing and personal change as they're ready to deal with.

In wondering how to give those who cannot attend a Centerpointe retreat the same benefits, I realized that in these retreats, I teach a series of principles that, if mastered, can totally change a person's life. I want to share them with you.

Every presenting problem we deal with, whether mental, emotional, or spiritual, can be traced back to a violation of one or more of these principles. If a person follows these principles, life goes along pretty nicely, with a lot of happiness, inner peace, and personal power. These principles overlap, but that's okay. They are different facets of the same diamond. I know they will be helpful to you, as they have been to many thousands of people all over the world.

Principle Number One: The Principle of Letting Whatever Happens Be Okay

The amount a person suffers is directly related to how much they resist the fact that "things are the way they are." All suffering and discomfort, regardless of the appearance, is a result of some form of resistance. This means that ending resistance ends suffering.

To the degree a person is willing and able to let whatever happens be okay, they do not suffer. Attachments to people, situations, or things being different than they are can be upgraded to preferences, so when "what is" is not what you want, you do not suffer. When this happens, your happiness and peace are not controlled by outer circumstances.

People with many rules about how things are suppose to be suffer more, because no matter how much they try to get the world to follow their rules, the rules are often violated.

Letting whatever happens be okay does not mean you can't work toward making things the way you want them to be; it just means you *prefer* the outcomes you seek rather than being addicted to them. The key, then, to handling challenging situations, thoughts, and feelings is not in resisting them, but rather in becoming as fully accepting of them as possible. Accept what happens, and what you think and feel, even if it is uncomfortable. *Though it looks as if discomfort is created by what we resist, in actual fact it comes from the resistance itself.*

Stop resisting, and the discomfort stops also. Through acceptance, you empower yourself to heal, transform, or release unresolved mental or emotional material. When you sense resistance, meet it with acceptance. Ironically, once you stop resisting, you are much more effective in creating any external change you may have a preference (not an attachment) for.

Principle Number Two: The Principle of Threshold

Every person has a personal threshold for what they can handle from their environment, based on

the structure of their own personal map of reality—their concept of who they are and how they relate to the rest of the universe. When your map of reality cannot handle its environment, you become stressed. You then try to deal with that stress through various coping mechanisms learned during childhood. These include anger, depression, anxiety, fear, substance abuse, overeating, plus others considered more “healthy,” such as exercising, talking with friends, isolation, and many others.

All dysfunctional feelings and behaviors are really coping mechanisms used in an attempt to deal with the stress of being over this threshold. Therefore, the “cure” for such feelings and behaviors is to increase that threshold (precisely what meditation, and particularly meditation with Centerpointe’s Hologync® audio technology, does). Dysfunctional feelings and behaviors are not caused by other people, or by external circumstances, regardless of how it seems, and people with a high threshold remain happy, peaceful, and centered regardless of what happens around them.

When people suffer trauma during childhood, their threshold does not mature normally. Such people reach adulthood with a lower threshold and are much more easily pushed past it—and are therefore caught in dysfunctional feelings and behaviors much more often.

Raising this threshold through therapeutic or spiritual practices causes dysfunctional feelings and behaviors to gradually disappear, because the threshold eventually becomes so high that it becomes difficult for anything to push a person beyond it.

Principle Number Three: The Principle of Chaos and Reorganization

Chaos always precedes growth, and is a part of the process of change. Therefore, chaos is a *good* thing.

The coping mechanisms mentioned above (i.e., dysfunctional feelings and behaviors) are really attempts to hold one’s internal map of reality together. This happens because we associate the old map with safety. Changing it, on an unconscious level, does not feel safe.

The process of a map of reality reorganizing at a higher level in response to stimuli that exceeds its threshold is a very natural one. As the old map of reality is stimulated in a way that exceeds its threshold, it goes into temporary internal chaos. Eventually, the old map may fall apart if the chaos becomes so great that the old map cannot hold itself together. Then, almost simultaneously, the map reorganizes itself at a higher, more complex level of functioning—one that *can* handle the environment it previously could not handle.

This natural process always results in a new and better map that can handle what the old map could not. It is therefore helpful to recognize when you are in the initial chaos state, and to remind yourself that the chaos you are experiencing is the prelude to positive change—if you know how to get out of the way and let it happen.

Principle Number Four: The Map is Not the Territory

There is a tendency to try to protect the old map (your concept of who you are and how you relate to the rest of the universe) as it goes into this initial chaos stage of growth. This attempt to hold the old map together comes from the mistaken idea that we *are* the map—that “the map is the territory”—rather than realizing that it is just a convenient tool we use to navigate through life.

It is the limitations of this map (its inability to adequately “map the territory” or otherwise represent whatever is going on in the environment) that creates the “over-threshold” experience and the re-

sulting dysfunctional feelings and behaviors. Therefore, letting the map go through the evolutionary process of temporary chaos followed by reorganization at a higher level results in relief from the problems and limitations of the old map, and a new ability to deal with what was previously stressful or overwhelming.

When your map begins to fall apart, remember that *you* are not falling apart. You are merely trading an ineffective tool for a better one. Learn to recognize your favorite methods of holding on to the old map, and learn to stand aside and watch these times of chaos with the knowledge that something new and better is being created.

Principle Number Five: The Principle of Responsibility as Empowerment

You are responsible for every feeling or behavior you have, in the sense that it is either your conscious choice, or it is an *automatic* response generated unconsciously by your internal map of reality.

This is not to say that you are *to blame* for every feeling or behavior you have. Taking personal responsibility is not about blame but rather about personal power. If someone or something outside of you is the cause of your feelings or behavior, you are powerless—a victim. If you—or at least your unconscious—processes—are at cause, then you can exercise some choice in creating the feelings and behaviors that you choose, and that serve you. People or events may be a stimulus, but your response comes from you, either consciously or unconsciously.

Principle Number Six: The Principle of Conscious Change

It is impossible to create something that does not serve you, *and at the same time create it consciously*. You can, however, create dysfunctional feelings, behaviors, and outcomes over and over as long as you create them *unconsciously* (without continuous conscious awareness). If you observe the creation of feelings, behaviors, or outcomes *with conscious awareness*, those that do not serve you will fall away.

The trick is to remain conscious. Unfortunately, we have many ways of becoming unconscious: overeating, drugs and alcohol, projection, blaming, thinking, analyzing, obsessing, spacing out—and countless others. To become conscious, you must identify your favorite ways of going unconscious, be vigilant in noticing them, and instead of going unconscious, learn to *watch your feelings, thoughts, and behaviors with curiosity and awareness*.

Meditation (especially with Centerpointe's Holosync audio technology) increases the ability to remain conscious and to be a curious observer of whatever is happening. As you develop this ability, non-resourceful feelings, behaviors, and approaches to life automatically fall away, and are replaced by those that bring happiness, peace, and success to one's life.

Principle Number Seven: The Principle of Witnessing

When faced with uncomfortable feelings (the result, either consciously or unconsciously, of not letting “what is” be okay), the best course of action is to mentally step aside and, *with great curiosity*, watch yourself have the feeling or behavior. You might say to yourself: “There I am, doing ____” or “There I am feeling _____. How interesting!”

The act of stepping aside to watch helps create conscious awareness, because it keeps you from

becoming lost in the feelings or behaviors, or your mental analysis of them. It makes it much more difficult to continue suffering. This watching needs to be done, however, without attachment to the outcome. In other words, you must objectively and curiously watch what is happening—not to change anything, but just to notice what is happening. The ability to step aside and watch yourself as you feel and act is an acquired skill and takes time and practice to develop, but it will totally change your life. Meditation naturally develops your ability to become the witness.

Principle Number Eight: The Principle of Good and Bad Generalizations

Based on our early life interactions with our primary caregivers, we all develop generalizations about who we are and what our relationship is to the rest of the world. These generalizations (part of our “map” of reality) divide different aspects of ourselves and the world into two categories: “good”, or acceptable, and “bad” or unacceptable.

To keep from experiencing shame or other uncomfortable feelings regarding the “bad” things, we either 1) repress them into our unconscious mind, or 2) project them onto others (creating extreme emotional reactions to others who exhibit characteristics we believe are “bad” or unacceptable in ourselves). Both of these reactions are examples of ways we become unconscious.

In many ways, emotional healing involves “unlearning” these old generalizations and making new, healthier ones. In reality, there is nothing about any of us that is innately bad.

These generalizations seem so real to us that the idea that they are *not* true may seem ridiculous. All generalizations, however, are creations of the mind, and they are not innate in the people or things we apply them to.

Principle Number Nine: The Principle of the Neutral Universe

Everything in the universe is neutral. The old saying “Nothing is good or bad but thinking makes it so” is true. We assign meaning to everything we come in contact with. This assigning of meaning then becomes part of our map of reality. Because we assign these meanings unconsciously, we “forget” that *nothing* really has any intrinsic meaning, and that either we assigned these qualities and meanings to the people and things in our lives ourselves, or they were assigned for us when we were too little to know any better.

This is why people can assign completely different meanings to the same thing. Because you assign all meaning to everything (even though you may be doing it unconsciously), you can create whatever world you want through the meanings you choose to assign to people and things in your life. Make everything good, and the world is good; make everything bad, and the world is bad.

In most cases, we did not consciously choose the way we assign meanings. Rather, they were chosen for us by our primary caregivers and other cultural influences when we were too small to know any better. We can, however, realize that these assignments of meaning are arbitrary, and change them in any way we want.

A wise man once said “It’s okay to play Hamlet, but don’t fall into the trap of thinking you are Hamlet.” If you think you are Hamlet, your life is a tragedy, because everyone dies by the end of the play. If you know you are just playing, you can have fun with it. Similarly, if you know everything is innately neutral and that you have assigned all the meaning to everything in life, you are playing, and you can

therefore be the creator of your own experience. If, however, you forget—and think that people and things really do innately have the meanings that were taught to you when you were too small to question them—you lose your creative power, and will to some degree create suffering for yourself.

Again, meditation gradually creates the expanded awareness that allows you to step back and see that nothing in the universe has any innate meaning.

Does this mean that you can do anything you want, since there is no innate right or wrong? No, it does not. All actions have consequences. The conscious person sees the consequences of each feeling, each thought, and each action, and acts accordingly, taking full responsibility for what is created.

When you are in distress, check to see if you are violating any of these principles, or if viewing the situation through the filter of these principles creates a shift for you. Whatever you do, make your life one of mastery of these principles, and you will create increasing happiness, success, and inner peace.

Principle Number One: Let Whatever Happens Be Okay

The nine principles are one of those easy/hard things in life—easy once you master them, seemingly impossible before you “get” them. But if you can live your life by these principles, everything flows, suffering is minimal, and what seemed to be problems melt away. Each of these principles looks at a different facet of the same diamond—the diamond of expanded awareness and conscious, happy, living.

The reason some of these principles seem hard to master is that a part of us fears that following them will actually make things worse. This is, once again, because our internal map of reality is created to help us be safe in our family while growing up. Even though we may be grown and away from our family, changing it seems unsafe—at least to the unconscious mind. So be forewarned that you might have some resistance to mastering some of these principles. Also take note that the more resistance you feel, the greater the potential benefit, since the resistance is a sign that the principle in question is a real issue for you.

Also, cut yourself some slack as you embark on mastering these principles. Though they can be mastered in the twinkling of an eye, in real life they generally take some time. You will find yourself slipping up over and over. Let that be okay.

You’ll go through several stages with each principle. Stage One is *Unconscious Incompetence*, where you don’t follow the principle and don’t even know you’re not following it. Stage Two is *Conscious Incompetence*, which is where you probably will be after reading this article. You aren’t following the principle, but you are conscious of that fact. Stage Three is *Conscious Competence*, where you can follow it, but only while you are paying attention to it and consciously making yourself follow it. Stage Four, *Unconscious Competence*, is where you have consciously followed the principle so consistently that you now can follow it without thinking about it.

The first principle is that of letting whatever happens be okay. The amount a person suffers in their life is directly related to how much they are resisting the fact that “things are the way they are.” This has got to be one of the KEY pieces of human wisdom. *If there is suffering or discomfort, there is resistance to the way things are.* Period.

To master this principle, *addictions* or *attachments* to things being other than they are must be upgraded to preferences. This means that when “what is” is not what you want, you do not suffer over it

(get angry, sad, fearful, anxious, and so on), and your happiness and inner peace are therefore not controlled by forces outside of you. You *prefer* things to be such and so, but you're not *attached* to them being that way.

To the degree a person is willing and able to let whatever happens be okay, they do not suffer. It's as simple as that. People with many rules about how things are suppose to be suffer more because no matter how much care they take to protect their rules, and see that they are followed, both by themselves and by others, these rules are often violated. These rules are part of that map of reality I mentioned above that we create during childhood in order to be/feel safe in our family. In any family, you are "safer" (or at least it seems so) if you follow the rules.

In some families there are few rules about how things are "supposed" to be, or how people are supposed to behave. In these families, children learn to flow with and react to whatever happens with a certain amount of psychological and behavioral creativity and resiliency. In others, there are many, many rules (sometimes rules about everything). In these families, responses are more automatic and pre-programmed, which stifles the inborn ability to resiliently deal with things as they arise in a creative and authentic manner. Sometimes, the rules are constantly shifting, or are illogical, unfair, cruel, or impossible to follow, which can create great fear and anxiety.

Living according to the rules has a certain appeal, because you don't have to think about each situation and come up with a more creative response. Instead, you just follow the rules. This is life lived by a formula or recipe. Unfortunately, no rules can cover the nuances of each potential situation, other people often don't know the "correct" recipe for how to behave (what's wrong with them?), and your responses become robotic and predictable and often not well suited to the situation. Worse, the more often your rules are broken, the more you end up angry, anxious, sad, afraid, or suffer in some other manner.

If you could let it be okay when someone breaks one of your rules, you wouldn't have to suffer. (Of course they wouldn't really be rules, then, would they?)

This doesn't mean a person can't be goal oriented and work toward making things the way they want them to be. But the emotionally healthy person *prefers* the outcome they seek rather than being *emotionally attached* to it. That means they work toward what they want but, whatever the outcome, they maintain their equanimity and inner peace. This approach, then, is not fatalism, or disinterest in the outcome, but rather a decision not to let the outcome throw you off-center. This is the meaning of upgrading your attachments to preferences, and the meaning of the non-attachment spoken of in Eastern philosophy (and spoken of in Christianity and other religions in other ways).

The key to handling challenging thoughts, situations, and feelings is therefore not in resisting them, but rather in becoming as fully accepting of them as possible. Accept what you think and feel, and what happens around you, even if what you think and feel is uncomfortable or what is happening is not as you would have preferred.

Here, then, is a *key* point. Though it looks as if our discomfort is created by the thing we don't like, or are otherwise resisting, in actual fact the discomfort we feel is actually caused by *our resistance to it*. When we stop resisting, the discomfort stops also. It may look as if the person, thing, event, or whatever, is creating our discomfort, but it is really our reaction to it, our unwillingness to accept it, that creates the discomfort.

Everyone has had something happen in their life that they strongly resisted, but ultimately came to terms with: a relationship that ended, for instance. At first, you go through all kinds of suffering, but at a certain point you move on and accept what has happened. At that exact moment, the suffering stops.

Similarly, we've all heard of people who find out they dying from a fatal illness, and who become totally peaceful about it once they *accept* the fact that it is happening.

It's not what happens that creates our suffering, it's our reaction to it!

Through acceptance, you empower yourself to heal, transform, or release any unresolved mental or emotional material. Unless and until you can accept what you think and feel as a perfect manifestation of reality, you will remain attached to toxic attitudes and beliefs. But by being fully present to, and accepting of, your thoughts and feelings, you open the pathway for the unconscious to reorganize itself to progressively higher levels of functioning. When you sense discomfort you are sensing resistance. When you sense resistance, meet it with acceptance. Ironically, once you stop resisting, you are much more effective in creating any external change you may have a preference for (not an attachment to).

This all ends up being nothing but platitudes if you don't take some kind of definite step to put it into practice. One thing that helps, of course, is daily meditation, especially with the Holosync audio technology we use at Centerpointe Research Institute, which dramatically accelerates the meditation process. Stimulating the brain with Holosync creates the kind of expanded awareness that makes it progressively easier to let whatever happens be okay.

The second thing you can do is to watch yourself, with great curiosity, as you resist—in other words, become more aware of the Let Whatever Happens Be Okay principle, and *practice* being more aware of how and when you resist. One way to do this is to write the principle on a 3x5 card. Carry it with you and read the principle several times throughout the day. Then, each time you find yourself violating the principle, make a mark on the card. When you find yourself following it, make a mark on the other side. In other words, keep score. This simple procedure will cause you to be more aware of your resistance, and as you do so, your resistance will diminish—and so will the amount you suffer.

An even more powerful approach is to adopt what I call *the witness perspective*. When you find yourself resisting (and, therefore, suffering in some way) don't try to stop resisting (which would only be more resistance). Instead, *watch* your resistance with curiosity, as if you were a scientist watching someone else's inner process. This watching, without any agenda for what *should* be happening, is the beginnings of what mystics call *expanded awareness*. The 3x5 card exercise is really a way to get you to begin watching. *If resistance is the poison, witnessing is the antidote*. Highly evolved persons are firmly established in the witness *all the time*, and in terms of ending discomfort and suffering in your life, watching the world from the witness perspective is your goal.

In a future article I will address the subject of witnessing in great detail.

As you begin to watch your responses to what is happening, it will become more and more obvious to you that you do, indeed, create your own suffering, and that suffering does *not* come from your environment. This will make it more and more difficult for you to keep creating it. As this happens, a whole new world opens up for you, and believe me, you'll like it!

So keep meditating, and resolve to practice the witness perspective until it becomes easy for you.

Principle Number Two: Threshold

One obstacle to mastering the Nine Principles is the fact that intellectually understanding them is not enough; you must integrate them at a very deep and experiential level. This requires *expanded conscious awareness*. It requires that you become conscious of the ordinarily unconscious internal mental/emotional processes that create your life. Without this awareness, you are nothing more than an

automatic response mechanism, responding automatically to people and situations with unconscious responses learned while growing up.

Previously, I discussed the first of the Nine Principles, that of Letting Whatever Happen Be Okay. This principle is crucially important because when you are not attached to people, situations, and things being other than they are, your happiness and inner peace are independent of the circumstances around you. This allows your experience of life to come from inside, rather than being under the control of outside events. When you let whatever happens be okay, you can consciously *choose* to be happy and peaceful, even when the world is not the way you want it to be.

The second principle is the Principle of Threshold. It is a close relative of the first principle, in the sense that it describes a major reason *why* people have trouble letting whatever happens be okay. It is also a much more fundamental way of looking at mental and emotional health, and the real cause of dysfunctional feelings and behaviors.

The prevailing view in the mental health community is that childhood trauma leaves you with unresolved emotional “stuff” buried in the unconscious mind. This unresolved material, according to most mental health professionals, is the cause of your dysfunction, and needs to be brought to the surface and be “healed.”

After working with over 100,000 people over the last two decades, I no longer believe this description is accurate—or helpful. Here’s another way to look at the question of emotional trauma and the resulting dysfunctional feelings and behaviors:

Each of us has a threshold for what we can handle coming at us from our environment. If that threshold is exceeded, we begin to feel stressed. Eventually, we can even become overwhelmed. When we begin to feel stressed, we attempt to cope in various ways we learned while growing up—most of which, unfortunately, do not work.

My view is that all neurotic, addictive, obsessive/compulsive, and dysfunctional feelings and behaviors—those things that send us to therapists, personal development seminars, self-help books, and all the many other ways we seek help—are all attempts to cope with being in an environment that gives us more input than we can handle.

Those with a threshold that is too low for their environment are chronically stressed, and, as a result, frequently exhibit and experience dysfunctional feelings and behaviors. Such feelings and behaviors include everything from anxiety, fear, annoyance, confusion, withdrawal, depression, anger, poor decision making skills, and violence; to alcohol and drug use, sexual acting out, eating disorders and the like; and even more severe mental health problems, such as personality disorders and psychosis. Because of their low threshold, such people have a difficult time handling their environment, and their life.

What, then, creates a low threshold? Why can some people deal with almost anything, while others overreact to the smallest things? Here’s the answer: when people are physically or emotionally traumatized while growing up, their threshold does not mature in a normal way. Because of this, what goes on around them (and often inside of them) bothers such people in a way that would not bother someone with a “normal” threshold.

A recent article in *Psychology Today*, “Stress...It’s Worse Than You Think” discusses the stress sensitivity of a person who has been traumatized: “...we can become sensitized, or acutely sensitive to stress. Once that happens, even the merest intimation of stress can trigger a cascade of chemical reactions in brain and body that assault us from within.”

Psychologist Michael Meaney, Ph.D., of McGill University has said that “sensitization leads the

brain to re-circuit itself in response to stress. We know that what we are encountering may be a normal, everyday episode of stress, but the brain is signaling the body to respond inappropriately.”

Some scientists believe that everyone has a built-in gauge that controls our reaction to stress, a kind of biological thermostat (what I am calling your *threshold*) that, when working properly, keeps the body from launching an all-out response literally over spilled milk. According to psychologist Jonathan C. Smith, Ph.D., founder and director of the Stress Institute at Roosevelt University in Chicago, sensitization lowers this thermostat set-point.

“Years of research,” says Seymore Levine, Ph.D., of the University of Delaware, “has told us that people do become sensitized to stress and that this sensitization actually alters physical patterns in the brain. That means that once sensitized, the body just does not respond to stress the same way in the future. We may produce too many excitatory chemicals or too few calming ones; either way we are responding inappropriately.”

Another researcher, Jean King, Ph.D., of the University of Massachusetts Medical School, believes that when certain stresses occur during developmental periods, it may be more damaging than stress suffered at other times: “The psychological events that are most deleterious probably occur during infancy and childhood—an unstable home environment, living with an alcoholic parent, or any other number of extended crises...What we now believe is that a stress of [great] magnitude occurring when you are young may permanently rewire the brain’s circuitry, throwing the system askew and leaving it less able to handle normal, everyday stress.”

This, of course, is where all the various coping behaviors and feelings begin to manifest, causing all the various life-problems that lead people to therapy and other personal growth and personal development solutions. (I disagree, by the way, based on personal and clinical experience, with Dr. King’s contention that this re-wiring of the brain is “permanent.” It is very clear to me that meditation with Holosync, for instance, can raise your threshold.)

Traditional approaches to dealing with stress and emotional dysfunction have always seemed to me to be symptom-oriented, including the prevailing view I mentioned above in which unhealed “stuff down there” must be brought to the surface and healed—or the even more flawed view that we need to develop drugs that will supposedly “retune” the neurochemical system in the brain.

After nearly two decades of success in treating the “low threshold” problem, I have evolved a more basic and more effective solution: *raise the threshold at which dysfunctional feelings and behaviors are triggered*. When this is done, these feelings and behaviors simply fall away because they are never—or, at least, rarely—triggered.

As those who have been in the Centerpointe program for any length of time, and who have spoken to me on the telephone, attended a Centerpointe retreat, or read my writings know, I firmly believe that meditation, and particularly meditation with Holosync sound technology, brings about a process of change and evolution in the brain that very dramatically raises this threshold, until it reaches—and eventually exceeds—the “normal” level. As this happens, dysfunctional feelings and behaviors, even those that have resisted other treatment, fall away and disappear.

The process through which this happens—in fact, through which all change happens—is elegantly described by scientist Ilya Prigogine in his Nobel Prize-winning work on complex systems. I will discuss this work in more detail in the next section. For now, I just want you to know that when people meditate, especially with Centerpointe’s Holosync technology, electrical brain wave patterns slow, simultaneously increasing electrical fluctuations in the brain. The brain cannot handle these increased fluctuations. As a result, the brain, and your internal map of reality, experiences a stimulus that pushes it

beyond its current threshold. In response, the brain goes into temporary chaos, and then spontaneously reorganizes itself at a higher level, one that *can* handle the increased input. In this way, your threshold for stress is raised.

Any *effective* spiritual practice or psychological process creates change in this same way: it gives the system that makes up who you are stimuli that cause the “old you” to temporarily go into chaos, followed by reorganization at a higher, more functional level.

This is, by the way, why the most chaotic events of your life have also been the most growthful. It’s also why people who use Holosync, or other powerful spiritual and psychological practices, experience such dramatic positive changes, why dysfunctional feelings and behaviors fade as people progress in their spiritual practice, and why beings such as the Dalai Lama remain calm and centered regardless of what goes on around them. For those who have done the work necessary to raise their personal threshold, little or nothing can push them over it.

Dysfunctional feelings and behaviors are nothing more than coping methods gone awry, and once coping is no longer needed—because the threshold is so high that the system can no longer be stressed—the coping strategies are no longer needed. This is why raising one’s threshold is so important to those who want to become happy, peaceful, and conscious: it attacks the problem at the root, and bypasses the treatment of symptoms.

How can you use this principle? First of all, by continuing to do your daily spiritual practice, whatever it is. Next, by learning to recognize when you are in this process of overwhelm/chaos/reorganization, and by realizing that such times, though uncomfortable, are the prelude to powerful positive change, and should not to be resisted. Finally, by realizing that as you do the work necessary to increase your personal threshold, any suffering in your life will fall away and disappear.

It really is possible to live a life free of suffering, and raising your threshold is one sure way to get you there.

Other principles will expand on this point.

Principle Three: Chaos and Reorganization

Change is the one constant in this universe. One of the first things the Buddha noted when he began to teach was that everything changes. For that reason, understanding change, how it happens, what makes it difficult and what makes it easy, is of crucial importance to anyone on a spiritual or personal growth path.

But how does change work? Why does it happen? And, how can we allow it, without resisting and suffering?

The answer is found in the Nobel Prize-winning work of Russian-born Belgian theoretical chemist, Ilya Prigogine. Prigogine, working in the field of thermodynamics, became intensely curious about what seemed to be a contradiction between one of the basic laws of science and some equally basic observable facts, including the existence and evolution of life itself. This contradiction, though seemingly unrelated to our everyday lives, contains the seed of profound practical wisdom for anyone committed to mental, emotional, and spiritual growth.

The second law of thermodynamics (stay with me—this really isn’t complicated, and it’s very interesting) states that whenever work is done, some energy is irretrievably lost. When expanding steam causes a piston to move, for instance, some energy is lost from the system in the form of heat radiation

due to friction. In addition, the machine itself, unless energy is added to the system in the form of an overhaul, new parts, etc., will wear out and eventually break down.

This fact of nature is called *the law of increasing entropy*. Entropy, simply put, is a measure of the amount of randomness or chaos in a system, and the law of increasing entropy is an expression of the fact the universe is irreversibly moving toward a state of increased disorder and randomness. Left to itself, with no energy input from the outside, any system will break down and become increasingly disordered. A car will turn to rust and fall apart, a mountain will be worn down, and so on. Even the expansion of the universe is a movement in the direction of increasing disorder, increasing entropy.

Yet we can see that many things in the universe tend toward increased order—the opposite of what—the second law of thermodynamics predicts. Life has evolved as atoms became molecules, then amino acids, proteins, cells, multi-cellular life, social systems, and so on—definitely a process of increasing order, and *against* the flow of increasing entropy. This seeming paradox puzzled scientists for over a hundred years until Prigogine discovered the key: that order arises not in spite of entropy, but *because* of it!

Dissipative structures

For centuries, the scientific community had been more interested in idealized closed systems, systems that have no interaction with the environment—the molecules of hydrogen in a closed container, for instance, or an ideal machine. Prigogine, on the other hand, was interested in *open* systems, those that constantly interact with their environment, changing, growing, and evolving. Living things are prime examples of open systems. Far from equilibrium, they constantly take in energy in the form of light, heat, nutrients, air, water, etc., and then dissipate to their environment carbon dioxide, heat, waste products, various activities, and so on. In this way they, they constantly adjust to their environment, changing, growing, healing, learning.

Prigogine set out to study open systems in an effort to solve the riddle of how systems of increasing order (systems that can change, grow, and evolve) can exist in a universe inevitably tending toward disorder and chaos. Studying certain far-from-equilibrium chemical processes, he obtained results which again seemed to contradict the second law of thermodynamics. That is, until he ascertained that while the system itself did indeed become increasingly ordered, it did so by dispersing entropy to its environment!

These experiments proved his hypothesis *that order emerges not in spite of chaos but because of it*—that evolution and growth are inherent in far-from-equilibrium (open) systems. The key to such systems is their ability not only to take in energy and matter from the environment, but *also to dissipate the resulting entropy to the environment*, creating an overall energy dynamic that does follow the second law of thermodynamics.

Prigogine called these open systems that evolve and grow by taking in energy and matter from their environment and dissipating the resulting entropy “dissipative structures.” Prigogine’s discoveries apply to every open system in the universe, whether a chemical system (as in Prigogine’s original experiments), a seed, a highway system, a corporation—or a human being.

Such structures, to maintain their existence, must interact with their environment, continually maintaining the flow of energy into and out of the system. And, rather than being the structure through which energy and matter flow, dissipative structures are, in fact, the flow itself. In other words, this is not a universe of independent things, but rather one of *process*, a changing, flowing, evolving, and intimately interconnected system of interactions.

Evolutionary growth: “escape into a higher order”

Dissipative structures (such as human beings) flourish in unstable, fluctuating environments. The more ordered and complex a system becomes, the more entropy it must dissipate to maintain its existence. Conversely, each system has an upper limit, due to its level of complexity, of how much entropy it can dissipate. This is a key point. If the fluctuations from the environment increase beyond that limit, the system, unable to disperse enough entropy into its environment, begins to become internally more entropic, more chaotic.

If the excessive input continues, the chaos eventually becomes so great that the system begins to break down. Finally, a point is reached where the slightest nudge can bring the whole system grinding to a halt. Either the system breaks down and ceases to exist as an organized system, or it spontaneously reorders itself in a new way. The change is a true quantum leap, a death and re-birth, and the main characteristic of the new system is that it *can* handle the fluctuations, the input from the environment, that overwhelmed the old system. In Prigogine's words, the system "escapes into a higher order."

Out of chaos comes a new order, a more evolved system. This new system has a new stability and is able to more easily exist in the previously overwhelming environment. But if input increases again, to a level beyond the system's new and higher capacity for dispersion of entropy, the process will repeat, resulting in new internal chaos and another reorganization at an even more evolved level.

The human brain as a dissipative structure

How does this affect you? The human brain is the ultimate dissipative structure, constantly taking in energy and matter from the environment, constantly dispersing entropy. We are able to handle amazing amounts of input from the environment, encountering all kinds of new ideas, stimuli, and events, handling them without threat to the system.

But if input (all that stuff that happens in your life) reaches a certain critical level, different for each individual, we begin to feel overwhelmed and become less and less able to deal with increased input.

We go into chaos. Eventually, the system (our mental construct of "what is") is forced to break down or reorganize at a higher, more evolved, level. The process goes something like this: at first things make sense; then, as chaos increases, they no longer make sense any more; finally, after reorganization, they make sense again, but in a whole new way, never before imagined.

Certain types of people, those who constantly open themselves to ideas and experiences, will be more likely to reach this "moment of truth"—what Abraham Maslow called "peak experience"—giving themselves the chance of "escaping into a higher order," giving them a chance to evolve and grow. On the other hand, people who resist new ideas, who won't try new experiences, who reject what doesn't fit their beliefs, and who never doubt their way of seeing things—in other words, people who resist the influx of new energy, stimuli, ideas, and matter into their brains—almost never have peak experiences and evolve very slowly, if at all.

If the input affecting the brain is strong enough, however, even a brain resistant to change can be impacted. This is what happens when we meditate. Meditation (particularly the technologically based Holosync meditation we use at Centerpointe Research Institute) creates fluctuations in the brain that eventually affect even our deepest, most unconscious resistance, creating change at a very deep level. Eventually, the brain evolves to a point where it is able to perceive, experience, and be one with the interconnections of the entire universe, allowing the healing of addictive and dysfunctional patterns and the growth of a profound sense of peace.

High-fluctuation brain wave states and evolution

Why does meditation affect the brain in this way? High frequency brain wave states, such as the

beta state (that of normal, non-meditative consciousness), have very low amplitude. The wave form has little difference from its highest to its lowest point—a small amount of fluctuation. Lower frequency alpha and theta brain waves—those of traditional meditation (and the even deeper delta brain waves created by Holosync)—have very *high* amplitude—a large amount of fluctuation.

Since the amount of environmental fluctuation determines a system's possibilities for evolutionary change, a beta state does not push the brain to evolve. In the alpha, theta, and delta states, however, the brain experiences larger fluctuations, which, as we have seen, stimulate evolutionary change in dissipative structures. When an open system like the human brain is exposed to such low-frequency, high-amplitude fluctuations, it can (and will) make the quantum leap to the next higher level.

What, then, is the practical application of this model of change? And why does change often result in dysfunctional feelings and behaviors and other kinds of resistance?

Remember that chaos precedes change. Whenever there is chaos in your life, it means that your current map of reality is not able to handle the environment. In other words, you are over your personal threshold for what you can handle. If handled consciously, however, this chaos leads to positive change. At such times, remember that 1) a new and higher threshold, and a new and more highly evolved map of reality will solve many of the problems that the old map of reality can't handle, 2) chaos is a sign you're getting ready to create a new map by reorganizing at a higher and more functional level, and if you get out of the way, this will happen more easily and quickly.

In other words, chaos is *good*!

Most people don't recognize when they're in chaos, for several reasons. Some people self-medicate whenever they begin to feel stressed. They reach for a drink, a joint, a cigarette, food, a sexual partner, or an adrenaline rush—anything to mask their feelings. They don't realize that chaos is a growth opportunity and that by not taking advantage of it they keep their map of reality from evolving—which means that every time it is stimulated in the same way, they will become overwhelmed again. A new and more highly evolved map, however, could handle what the current map can't, ending their overwhelm.

Also, most people don't take responsibility for the chaos or stress they feel. They project it onto something outside of themselves. They find something to blame. "I'm stressed because of him." "I'm stressed because I lost my job." "I'm stressed because of the terrorist attacks." "I'm stressed because of my kids/parents/partner/finances/health/whatever."

But the only reason you are stressed or in chaos is *that your threshold for what you can handle is too low*. And, the one and only real solution is to raise that threshold higher.

So first, notice when there is chaos. "Here I am, in chaos." Then, acknowledge *why* it's happening. "My threshold is too low." Then, remind yourself that chaos is the first step in reorganizing your map of reality at a higher level—one that will work much better—an that this is actually an opportunity. "Hallelujah! I'm about to evolve, and once I make the leap to the next level, I'll be able to handle more, and lots of things that cause me to suffer will fall away!" Let it be okay that you're temporarily in chaos, and just watch what happens (more about that later). Resisting will, at best, make the process painful, and, at worst, will keep the reorganization from happening at all.

Few really understand how change works. Instead, they fight it. If they win this battle, they lose the war. By fighting change, you get to be pushed past the same old low threshold over and over, experiencing the same pain over and over.

Understanding change will save you untold suffering, if use your knowledge. Change is natural.

You don't need to know "how" to do it. The entire universe has evolved, for billions of years, by this very mechanism. All you have to do is get out of the way.

Here, again, are the steps:

- 1 Notice and acknowledge that you are in chaos.
- 2 Realize it's happening because your threshold for what you can handle is too low to handle your current environment.
- 3 Remember that this is a good thing, and means you are about to evolve to the next level, where many current problems will disappear.
- 4 Let it be okay that this is happening.
- 5 Watch with curiosity and don't resist.

Or, you can avoid being in situations where you get pushed past your threshold (good luck). You can stay home, isolate yourself, don't participate in life, don't take in new information, etc. Or, blow off steam when the pressure builds. Get angry, worry, compulsively talk, or exercise, or eat, or have sex (or whatever you like to do). Of course, you'll keep the same threshold in that case, with the same limitations. You already know what that's like.

Principle four: The Map is Not the Territory

If you took in all the stimuli that comes at you on a moment-by-moment basis, it would be overwhelming. If you tried to take into account everything that is happening in each moment as you made each decision, the sheer number of details and interconnections would overwhelm you. If you took into account all the connections that make up who you are, it would be too much, since ultimately you are connected to everything. There's just too much, and it comes at you in an unrelenting torrent of information. In order to manage all this information, you have to filter it in some way.

So, to get yourself through life, you create an internal map of reality you can refer to as you navigate through life. Just as with a road map, this map is a scaled-down version of reality. But just as with a road map, it doesn't show everything (how could it?), and in some ways it isn't a very good representation of reality. There are no Safeway stores on Rand McNally maps. You can't go camping on the little triangles that represent mountains. And you can't get wet or go water skiing in the blue areas that represent oceans, lakes, and rivers.

The map is not the territory. It's not meant to be. It's just a *representation* of reality—not reality itself.

Now, if the territory changes, you're going to need a new map. If you're driving along and the road ends because of a new shopping center but the map says the road goes through, it might be time to get a new map.

Or, if the old map was created based on crude technology that could not create a really accurate map, and new technology, such as aerial photography, becomes available, you might want to get a new map.

Otherwise, your ability to navigate correctly might be affected.

Similarly, we all create a map of reality as we are growing up. Without it, we would have to figure out what a door is and how to open it each time we came to one, or re-learn how to relate to people every

time we met a new person. And beyond these simple examples, this map also contains much more complex generalizations and other internal mental/emotional aspects of how we see ourselves and our relationship to the rest of the universe, including beliefs, values, strategies, decisions, and a number of other parts of what I call your internal map of reality.

This map is our internal representation of reality, and it is very useful, in the same way a road map is useful. The closer to reality our map can be without being unwieldingly complex, the better it functions. However, if we grow up with trauma or abuse, or if the picture of reality we received in our family situation only works in our family but isn't that useful or accurate when we go out into the rest of the world, we may have trouble. If sharing vulnerable feelings is not part of our map, for instance, we may have trouble being intimate with others and may feel lonely and isolated. If our map emphasizes resisting what we don't like about the world, we may end up mired in constant struggle and suffering. If our map tells us we better watch out or other people will hurt us (not realizing that some will and others may not), we may miss out on many beautiful parts of life.

Your map of reality, in addition to being an aid to navigation, is also a blueprint your mind uses to create your life. Your mind is a goal-seeking mechanism, and it uses your internal map of reality as its software, its instructions for what to seek and what to create. If there are riches in your life, or poverty, or happiness, or adventure, or suffering—or anything—it comes from your mind creating your experience based on your map.

Your mind doesn't say "Whoa. Wait a minute. This map is not very accurate and it's creating a lot of suffering." It just says "Okay. I see. Create this...and this...and this...and this." It doesn't care what the map is, or whether it's a happy or unhappy map. It's just a faithful creator, creating your life based on what the map says.

As people grow up and find various ways their map does not serve them, those who are more conscious seek to change or improve the map (those who are unconscious just blame the world for not being like their map).

Approaches to personal change that actually work, then, bring about changes in this map of reality. And here is where the trouble starts for those of us seeking personal growth.

In order to replace a map (or a part of the map) that isn't serving you very well, there has to be an interim period where the old map goes into temporary chaos, breaks down, and is then replaced by a new map, one that more accurately reflects reality and more resourcefully allows you to be happy, creative, and spiritually connected to other people. If you want to create happiness, inner peace, enlightenment, oneness with God, or anything else you want, you will go through many maps, each one better and more accurate—and more useful and effective in creating what you want.

As this process happens, almost all people try to protect the old map (your concept of who you are and how you relate to the rest of the universe) when this initial chaos stage of growth—where you begin to notice the old map isn't working so well—begins. This attempt to hold the old map together is caused by the mistaken idea that this map *is who you are*—that the map really *is* the territory, rather than a just a tool you use to navigate through life.

In other words, we create this map (or rather, it is automatically created in response to our life experiences, especially those with our primary care-givers), and then we *forget* that it's just a map. Instead, we think it's who we are. When our map can't handle what's going on, and begins to fall apart as part of the process of reforming in a new and better way, we think *we* are falling apart. As a results, we resist the process, sabotaging our own growth.

This map is often called the ego by western psychology, and is your concept of who you are and

what your relationship is to the rest of the world. It is the limitations of this map (its inability to adequately "map the territory") that creates the over-threshold experience and the resulting dysfunctional feelings and behaviors and other suffering I've discussed already.

Therefore, letting the map go through the evolutionary process (that of going into chaos temporarily and then reorganizing at a higher level) results in relief from the problems and limitations of the old map, and gives you a new ability to deal with what was previously stressful or overwhelming.

Getting a new map is the secret of growth, yet we fight it because we think we *are* the old map!

So the main impediment to positive change comes from the mistaken belief that this map is who we are rather than just a handy representation of who we are. Believing this, it's no wonder that, when the map begins to fall apart in preparation for its reforming in a new and better way, we think "Oh my God! I'm falling apart!" Since we think we are what is falling apart, we do everything we can to hold the old map together, resisting the chaos/reorganization process. This is where all the dysfunctional feelings and behaviors, and all the sufferings we put ourselves through, come from. Fear, depression, anger, anxiety, substance abuse, psychosis, bi-polar disorder, multiple personalities, ADD, many physical diseases, traumatic stress disorder, and many other mental, emotional, and physical problems, are all ways we humans use to try and fight off the death of the old map and the birth of the new.

But what if we said: "Great! My old map of reality, which isn't working that well anyway, and has a number of deficiencies that cause me all kinds of suffering, is falling apart. That means I'll soon have a new map that works much better and allows me to be happier and more peaceful inside!" In that case, we would just stand aside and let the process complete itself—and save ourselves a lot of trouble and suffering.

It is very helpful, then, to learn and recognize when this process is happening, to learn and be able to recognize your favorite methods of trying to save the old map, and to learn how to let that this is happening be okay—instead of trying to save something that isn't helpful to you anyway.

Some people call this having faith, and I highly recommend it.

So know that you are not your ego. You are not your concept of who you are. You are not your map of reality. It's just a map! And if it goes into chaos, that chaos is part of the process of positive change and the prelude to a better and more functional map. When the old map falls apart, you will still be there, ready to receive a new map—much better off, and much happier.

Have faith. And don't try to go camping on those little triangles.

Principle #5: Responsibility as Empowerment

Everyone who has been on a personal growth path for any length of time has been told that "you are the creator of your world" or "you are not a victim" or some variation thereof. Most would agree to both statements if asked. However, when in a real-life situation, where something happens we don't like, even those who "have been meditating 75 years" or "knew Werner Erhardt personally and helped design all his trainings" or who claim to have taken every personal growth training and read every self-help book on Earth (twice), begin blaming something outside of themselves for what has happened.

Giving lip service to these principles is not going to be helpful to you. Intelligent and sophisticated sophistries to convince yourself and others that you are not responsible for what is happening are not going to help you, either.

Why? Because until you realize that you create your experience of your world, including all happi-

ness and all suffering, you will be at the effect end of the cause and effect process. You, and your experience of life, will be controlled by, and at the whim of, whatever is happening around you. Your only chance for happiness will be to find perfect circumstances and to find a way to keep them that way.

And you know, if you think about it, how likely that is.

The truth is, *you* are responsible for every feeling or behavior you have, in the sense that it is either your chosen response to something that happens, or is an automatic unconscious response based on the way your internal map of reality has been structured.

This is very different from saying you are to blame for every feeling or behavior you have. Taking personal responsibility is not about blame but rather about personal power. If someone or something outside of you is the cause of how you feel or behave, you are powerless—a victim. If you, or at least your unconscious processes, are at cause, you have power and can do something to change the situation to one that is happier and more peaceful. Things outside of you may be a stimulus for you, but how you respond comes from you, either consciously or unconsciously.

You can live in a world where other people or events “cause” you to feel the way you feel, but there is a price. The price is that you will feel bad a great deal of the time. Or, you can choose to take total responsibility for every feeling you have and every behavior you have. Having done so, you suddenly are at the “cause” end of the cause and effect process, where you can choose how you feel and how you behave.

If what you feel and how you behave is a *choice*, you can, of course, just make the right choice: to feel something that feels good, or to behave in a way that has the greatest chance of having a good outcome. But what do you do with all those feelings and behaviors that seem to come unbidden, automatically? Since for most people, even those who are “advanced” seekers, the majority of feelings and behaviors fall into this category, this is a very important question.

First, begin by accepting this main premise: that you *are* responsible for the feelings and behaviors you have—even if you cannot directly see how you are creating them. Most feelings and behaviors that “happen” to you are conditioned responses, and somewhere, unconsciously, your internal map of reality tells you to feel or behave in a certain way when you are stimulated in a certain way. Perhaps when your father yelled at you as a child, you felt afraid, then angry. Once this has been set up as a conditioned response, like Pavlov's dogs salivating when they heard the bell announcing dinner, someone yelling at you will cause you to become afraid and then angry, and then perhaps behave in a certain way.

It seems as if these emotions are *caused* by the yelling. They are not. They are *triggered* by the yelling perhaps, but they are caused by the conditioned response set up, by your past, in your internal map of reality. Change the parts of your internal map of reality that create this response and you could have a completely different feeling, followed by a completely different behavior.

If the only yelling you had ever heard was Groucho yelling at Chico, you might have a conditioned response to laugh every time you heard yelling.

Therapists often describe the phenomenon of exhibiting a certain feeling as a conditioned response due to childhood trauma *going into a regressed state*. This means someone yells at you now, but you feel like a powerless child, just as you did when your father yelled at you, even though you are now a much more powerful adult. Again, this is a conditioned response, and the yelling is not causing the feeling, it is merely triggering it.

How can you tell the difference between a cause and a trigger? If there is more than one possible response, if different people respond in different ways to the same stimulus, the stimulus is a trigger. If there is only one possible response, the stimulus is a cause. Pouring water over your head will get your

head wet. The water causes the wetness. Everyone who has the water poured over their head will get wet. Yelling at someone could cause anger, laughter, disinterest, puzzlement, fear, or any number of other reactions, depending on the situation, and the way that person's internal map of reality is structured. Yelling is a trigger, not a cause.

Even though yelling may result in some sort of uninvited feeling, just knowing that it is triggering a part of your internal map of reality, and that your internal map is generating your response, is a start in taking responsibility for what is happening. This will begin the process of changing your internal map of reality so you can make different choices.

There are many ways to make changes to your internal map of reality, which is not the subject of this article. A good therapist can help, an NLP practitioner can help, a behavioral psychologist can help, even tools such as Anthony Robbins books and tapes can help. Certainly Centerpointe's Holosync Solution program and the various Centerpointe knowledge products can help, as they are specifically designed to help you make changes in your internal map of reality.

Your goal is for each response to each event be a choice. This means you can choose what is most resourceful for you, what makes you happiest, most peaceful, and most successful, in the way you want. As long as you are an automatic response mechanism, with the part of you that generates your feelings and behaviors operating outside your awareness, you are at the whim of events and people around you.

But until you firmly acknowledge that every feeling and every behavior is coming from you, regardless of what the world sends your way, you cannot make any progress toward this goal.

To be able to choose how to feel, to choose the state you are in at any given time, and to choose how you behave, and to be able to do all of this in the most resourceful way possible, is one of the major components of freedom, and is very worth working toward.

How does the Centerpointe program help this process? As you use the program, what was unconscious and out of awareness becomes increasingly conscious. Your conscious awareness of what you are doing, and why you are doing it, increases. The program develops a "witness" part of you that is able to objectively pay attention to everything without being emotionally involved. This is what spiritual teachers mean when they speak of expanded awareness. Expanded awareness allows you to see your conditioned responses for what they are.

Our culture has gravitated toward the popularization of victimhood over the past several decades. No one is responsible for anything that happens to them. Smokers are not responsible for getting lung cancer, shooters of guns are not responsible for firing them, burglars even sue homeowners for injuring themselves while breaking into a house. Criminals are not responsible for crimes they commit because they had an unhappy childhood, or were under the influence of drugs. Battering husbands (or wives) are not responsible for beating their spouses because the other made them angry, or did such and such to them. These are the more extreme cases, but you can, I'm sure, fill in the details from your own life, if you are honest.

It is so easy to say "I can't do _____. I have traumatic stress disorder, ADD, a cold, alcoholism, no money, don't read well, my father was distant, my mother was smothering, I grew up in the inner city, I grew up in the country, blah, blah, blah. In this popularization of victimhood, there is an underlying presupposition that it is somehow easier to be a victim, that there is some benefit to not taking responsibility, that taking responsibility would be onerous, difficult, a struggle, too much work.

I want you to know that, without exception, it is being a victim that is onerous, difficult, a struggle, and too much work. Being responsible for *everything* that happens, and for every feeling and behavior, is the *easy* way to live. It is the way to happiness, inner peace, and a productive life. It is the sure way to

end all the dramas in your life.

I highly recommend it.

Principle #6: The Principle of Conscious Change

Every time I sit down to write an article about one of these principles, I undergo a few moments of indecision.

Why? Because these principles are, in a way, very enigmatic, in the sense that they are elegantly simple and, at the same time, densely impenetrable. Until you "get" each principle, it seems inconceivable, unable to be understood, impractical, unhelpful. Though each of these principles can be understood and integrated into your life in an instant, in actual practice it can take years for the real meaning, in a practical sense, to dawn on you.

Do you remember when you learned to ride a bicycle? You would ride along with your dad or mom running alongside holding the bike up. Then they would let go, and pretty soon you would fall over. It seemed hard, and you wondered if you could do it.

Then, mom or dad let go but you didn't know they'd let go, and several seconds later when you looked back, they were half a block behind you and you were riding, all by yourself! Hey, this is easy!

I remember thinking that tying my shoes was the most complicated series of motions ever thought up by anyone, and wondered how my mother could tie my shoe so easily (while talking on the phone, even!). But once you learn it, it seems so easy.

These principles are the same as riding a bike or tying your shoe. They seem hard, but once you get it, they are easy—and because of them, life becomes much easier. If there is one thing I'm trying to teach in the sharing these principles with you, it is that life *is* easy. If it's hard for you, *you're* doing something, consciously or unconsciously, to make it hard.

I see or hear from people every day who experience one drama, one disaster, one stress after another in their life. Life is mostly bumps and bruises and suffering for them. From my perspective, it's easy to see how they're creating all of this—and also how they can stop creating it.

But for them, it all just seems to be "happening" to them. They don't yet see that what happens comes from them, from their map of reality, from what they focus on, from their internal and external strategies for making each moment-by-moment decision.

In the previous section we discussed personal responsibility. This is an extremely important principle because until you take responsibility, until you realize that what happens (or at the very least your *response* to what happens) is coming from you and *not* from anything outside of you, you can't do anything about it. Once you take responsibility, though, you can take control and create things the way you want them.

The next step, once you accept personal responsibility, is to become more conscious. And here is where I get into my moment of indecision. How do I describe "conscious" to you? Everyone throws this term around as if they know what it means, but as I look around, it is not at all apparent to me that they do understand. Being conscious does not mean being politically correct, following the Dalai Lama, being aware of injustice, saving the whales, communicating with God or Jesus or spirit guides—or anything like these things.

Being conscious means not operating as an automatic response mechanism. It means seeing what is happening, on all levels simultaneously, at every moment, and choosing an emotional, mental, behav-

ioral, and spiritual response based on what is the most resourceful choice in that moment. Ultimately, it means doing all of this automatically, without conscious thought (there's a seeming contradiction!—being conscious, but doing so automatically). You process all possibilities in a split second and respond in just the right way—not with a preset response (which is what I mean by being an automatic response mechanism), but with a choice that is optimum for the situation.

Most people, unfortunately, run on automatic. They have rules or set procedures for what to think, what to feel, and what to do in various situations—rules or procedures they learned when they were too young to know any better—and these responses happen automatically, like Pavlov's dog salivating when it hears the bell. Some of these responses were learned through physical or emotional pain, and are particularly deeply imbedded. Others are just things we accepted as true because our parents told us they were true over and over at an age when our parents seemed like infallible gods.

At the very least, many of these rules and procedures serve to help us deal with our anxiety, or what I often refer to as *overwhelm*. We feel anxious, so we withdraw, get angry, have a cigarette, eat, exercise, act silly, have a drink, talk too much, space out, have sex, tense up, buy something, watch TV, cry...or one of thousands of other behaviors or feelings. We don't choose to do them because they seemed to be the most resourceful thing we could do at the time. We just do them, automatically. Usually they are anything but resourceful. Often, they lead to drama, suffering, problems, sadness.

A person who has done much of their life unconsciously doesn't know they are feeling, behaving, responding, and living unconsciously, and you may not believe me when I tell you this is something you are probably doing, and doing quite a lot, if not all, of the time. It takes becoming more conscious to realize what you were doing.

When, in The Holosync Solution support materials, we describe the idea of being the witness, when I say "just watch with curiosity," we're trying to get you to begin the process of becoming more conscious. I will have much more to say about this when I get to the principle of witnessing in a later section.

Here, though, is the big benefit of being more conscious: *It is impossible to do something that isn't good for you, or is in some way non-resourceful (destructive) to you, and also do it consciously.* You can do something destructive to yourself (feelings, beliefs, values, behaviors, etc.) over and over as long as you do it unconsciously (without continuous conscious awareness). But once you begin to do the non-resourceful feeling, behavior, belief, value, etc. consciously, it will begin to fall away. *You just cannot do something that is not good for you and also do it consciously.*

The trick, of course, is to remain conscious, which is, as I said earlier, one of those things, like riding your bike or tying your shoe, that seems really hard until you get it, and then it seems easy and you wonder why you ever thought it was hard. For this reason, as you unravel, in your own life, the mystery of what it means to be conscious, do not let yourself become discouraged. Keep going, keep trying, keep watching, and at some point you will turn around and no one will be holding the bicycle up, and you'll be doing it, and it will all make sense.

We have many ways of going unconscious so as not to deal with what we're feeling or how we're behaving: overeating, drugs and alcohol, projection and blaming, spacing out, analyzing, distracting oneself through a thousand and one different methods, and many, many others. To become conscious, you must 1) identify your favorite ways of going unconscious, 2) be vigilant in noticing them, and 3) be committed to developing the ability to be the witness to what is happening, developing that part of you that stands aside and notices what you are doing, feeling, or thinking, as you do it, watching without judgement or comment, just watching with curiosity, like a scientist.

This is one of the greatest benefits of The Holosync Solution program, and one of the most difficult to describe or quantify: that using Holosync, over time, creates and increases the ability to remain conscious and deal with things consciously.

So listen every day to your Holosync soundtracks, let whatever happens when you listen be okay, and take some time, especially when you feel an uncomfortable emotion, to just watch yourself have it.

Pretty soon you'll be saying "Look, Mom! No hands!"

Principle #7: The Principle of Witnessing

Everyday we communicate with dozens of people who are using the Centerpointe program. Some are having a hard time with the program, and with life in general (usually for the same reason). Some are angry, depressed, fearful, anxious, or confused—or are creating any number of other responses. One of the main instructions we give these people is to "watch what is happening—watch with curiosity."

This is a deceptively simple instruction that nonetheless has tremendous power. What does it mean? And how do you do it?

Being the witness, the watcher, the observer, has been a part of meditative practice for centuries, but what this really means is not often explained in a way that makes down-to-earth practical sense.

You may be tired of hearing me harp on the subject of resistance, and how resistance creates any discomfort you may be experiencing in your life. I find myself saying or writing at least fifty times a week that *if you are having any discomfort in the Centerpointe program or in life in general, it's because somewhere, on some level, there is resistance*. Some people think I say this just to blow off people who are having what they consider to be a negative reaction to Holosync, to deflect blame from Holosync.

Not so. Not so at all. To adopt a position of power, one in which you have control over your destiny, you must take full responsibility for whatever response you are creating to whatever is happening. If you cannot acknowledge that you are creating your response to everything that happens, you are helpless, a victim of your environment.

Only when you take responsibility is there a possibility of doing something about your situation or creating something different. The main source, then, of both personal power and peace of mind is taking all responsibility for what happens.

So, first, you must acknowledge that, whatever your experience with Holosync or with life in general, it is *your* response. It comes from you, from some aspect of who you are. As I've said so many times, "Life may provide the stimulus, but you provide the response." Sometimes this response comes from an unconscious part of you, one you have little or no control over (or so it seems), but, nonetheless, it comes from you (rather from some force outside of you, regardless of the appearance).

Why would you create a negative response? Because a part of you is in resistance to whatever is happening. Why, then, would someone resist it? Because some part of you is trying to reorganize, to change, whether as a result of the Holosync stimulus or something else that pushes you to grow, but you associate the old way with your safety and, at least unconsciously, don't feel safe letting the change happen.

Perhaps you have stayed very self-contained since you were a small child, not letting anyone get close to you because, in your family, it wasn't safe to get close. But now Holosync is breaking up the old pattern and creating a new ability to be close, intimate, and connected with others. Consciously you may

want this, but since letting go of the old defense mechanism feels unsafe to that unconscious "inner child" part of you, you resist. The more essential this old way of being seems to your safety, the greater the resistance will be. And the greater the resistance, the greater the discomfort, the greater the suffering.

Whatever the discomfort, whatever the upheaval, whatever the issue, some part of you—some inner strategy that you associate with safety—is trying to grow and evolve, and another part of you is not willing to let go.

What can you do? Some people (those for whom resistance is a major tool in their survival arsenal, as was the case with me) just want to quit. "I didn't start this program to be pissed off all the time," they say to me. Or they say "I feel worse than ever. Who would want to do this?!" Remember, however, that the majority of people do *not* create this kind of resistance, or they create it only occasionally when something big is shifting—I don't want to give the impression that you are looking forward to all kinds of discomfort as you use Holosync, because chances are, you aren't. Only if you resist will you create discomfort.

Here is where the concept of watching, witnessing, of being the observer, comes to play. *If resistance is the poison, witnessing is the antidote.*

First of all, remember that the discomfort is not necessary. It is only there because of your resistance. It is *not* there because life is unfair, because of the situation, because of other people, or because of Holosync. It is there because you don't feel safe changing and are resisting the change, or because you are resisting someone or something being the way it is.

Some very wise people, over many centuries of experience with the process of personal mental, emotional, and spiritual change, have discovered that if you can just step back and watch whatever is happening, with *no* agenda for what does or does not happen, the resistance disappears. And, any changes that are trying to take place can happen without suffering.

All personal change approaches that work involve the creation of a greater awareness of what is happening, based on the fundamental principle that you can only continue behaviors and feelings that are self-destructive if you do them unconsciously—without awareness. Most of us have very elaborate strategies designed to keep us unaware, but there is a very simple way to defeat them.

If you step back the next time you are feeling any kind of discomfort and say to yourself "There I am, feeling angry" (or whatever it is you are feeling), and then just *notice* yourself being angry, without trying to stop it or change it, without any agenda for what should happen. Any feeling you have will be a sensation in your body, so just notice where in your body you feel it. Notice if it stays the same or changes, if it stays in one place or moves around. Become genuinely curious about it. Pretend you are a scientist who has been searching the Amazon jungle for 20 years for a certain butterfly, and finally...here it is! How carefully and curiously would you watch? Bring that amount of curiosity to bear on whatever is happening for you in that moment.

Whatever uncomfortable feelings you are having, you've probably been having them off and on for a long time. But I would be willing to bet that you have never really watched them with curiosity to find out what is really happening and how you create them. You're so busy trying to make them stop, or blaming them on someone else, or analyzing them, or in some other way becoming unconscious about them.

Notice that you cannot be stuck in your suffering very effectively if a part of you is watching. If you are curious and watching, it becomes harder and harder to resist. Curiosity is on the opposite side of the fence from resistance, and without resistance you cannot create suffering. Once you are successfully watching, it becomes very obvious that you could make another choice of how to respond to whatever is

happening.

On the other hand, if you are watching with an agenda—to stop the feeling—you're not really watching. To be the witness, you must have no agenda other than to watch and be curious.

Some personal growth teachers will tell you to “love the feeling,” or “embrace the feeling,” or “surrender to the feeling.” What they really mean is to stop resisting it. And the way to do that is to become genuinely curious about it and watch.

Several years ago, in the infancy of the Centerpointe program, a woman in the program called me in an extremely agitated state. “I'm freaking out!” she said. “I feel like I'm coming apart at the seams! Help!” She really was freaked out—as freaked out as a person can be and still successfully communicate with someone else.

I told her to go lie down on her bed and very carefully notice the feelings that were happening in her body, to be very curious about every sensation, and then call me back and give me a report. Twenty minutes later she called to tell me that (darn it) she couldn't really give me much of a report because the whole feeling had disappeared as soon as she adopted the point of view of the curious watcher. All she felt now was a kind of euphoria, as if something had shifted for her!

She was watching with curiosity, and because she thought I wanted a report, her agenda was not to make the feeling go away, but just to notice what was happening. If you do the same thing, you'll get the same result, but you cannot be trying to make the feeling change. You must be watching with real curiosity.

It's your life and they're your feelings. You can become genuinely curious about them, can't you? I hope so.

One of the amazing things that happens as people go through the Centerpointe program is that this “watcher” becomes more and more prominent, more and more easy to summon when needed, and soon becomes a constant companion. This is the real beginnings of what meditators call “expanded awareness.” From this point, expanded awareness grows even greater, to include an increased sense of connection with the rest of the universe—but it begins with the simple ability to reserve a small part of you that just watches yourself and whatever is happening with detachment and curiosity.

In fact, I'll go even further and say that this watcher part of you is the real you, the Self with a capital “S.” The rest is just a creation of your mind—all the analyzing and thinking and blaming and suffering is just your mind distracting you from the real you. This is why people originally created meditation: to quiet the mind, so as to get past it to see their real Self.

So the real answer to the question of what to do when you are resisting, but the resistance is unconscious, is to just watch. Stop fighting with yourself and just notice what is happening. Distress and discomfort fall away when you do this, almost as if by magic.

So if resistance is your middle name, as it was mine before I went through the Centerpointe program, please take very seriously the simple instruction to “watch with curiosity.” It takes some practice and some will-power because the habit of resisting is deeply ingrained and very much an automatic response. But after some practice, it will become an effortless part of you, your own personal “Prince of Peace” who will help you through any situation you encounter. And, of course, remember that daily meditation with Holosync is a very effective way to foster and strengthen this very essential part of you.

I have written here mostly about resistance as people from time to time experience it while doing the Centerpointe Program, but this principle applies to everything in your life. In any situation where you are uncomfortable, no matter what it is, you are resisting people, things, or situations being the way they are. To the degree you do that, you suffer. If you can step aside and watch yourself have whatever

reaction you are having, you will find that there are other choices of how to respond, at which point you can pick the one you would like to have, rather than just being an automatic response mechanism who suffers every time you are stimulated in a certain way. People with "higher consciousness" or "expanded awareness" are those who have mastered this principle of witnessing. You can do it, too. Start practicing, and keep meditating.

Principle #8: The Principle of Good and Bad Generalizations

By now, most of you know that I am of the opinion that it is not necessary to live a life that contains suffering, and that there are definite ways to change your life from one containing suffering to one where you are happy and peaceful all the time.

Most of you also know that, in my opinion, the way to do this is to cultivate the ability to let whatever happens be okay and to not resist "what is." This doesn't mean you're okay with injustice and suffering or don't do anything about them. It means you emotionally accept things the way they are and do not resist what is.

Resisting what is and wanting to change what is are not the same, and the difference is one of attachment to the outcome. The person who is attached to the outcome suffers if they do not get the outcome they want, whereas the happy, peaceful person prefers the outcome they want but are not attached to it. If the outcome they get is not what they wanted, they remain just as happy and peaceful as they were to begin with. Their happiness comes from within, and is not dependent on what goes on around them.

Many people are not only unhappy as a result of what goes on around them, but are unhappy because of what goes on inside. At the same time, this inside unhappiness helps create outside conditions that give them something to resist in their outer life. This is one way in which people "create their own universe." Unfortunately, this universe is often not a happy one. On the other hand, you can always create a new and happier world for yourself, at any time.

Based on our early life interactions with our primary care-givers, we all develop generalization about who we are and what our relationship is to the rest of the world. These generalizations (part of what I call our internal map of reality) divide everything into two categories, those that we think are "good", or acceptable, and those we think are "bad" or unacceptable.

We don't choose these beliefs. We soak them up from our primary care-givers, our teachers, and from other influences (friends, relatives, the media, etc.), when we're too small to know any better. These beliefs become core components of the way we see ourselves, other people, and the world. Some of these beliefs and generalizations give us outcomes and experiences we want, while others create outcomes and experiences we don't want.

This is critically important to your happiness, for two reasons. First, the brain is a goal seeking mechanism, and a very powerful one. Your brain can make whatever you put into it come true in your life. And second, because human beings have a powerful need for consistency between what they believe to be true and what really is true. As has been said, people would rather be right than be happy.

This means that regardless of how much what you believe is not representative of how things really are, or how much your beliefs result in misery for you, you will arrange to be right about them by creating the circumstances that seem to confirm that what you believe is true.

This is compounded by the fact that many beliefs you might have about yourself, since they involve something about you being "bad", "defective", "not okay", "broken", "unacceptable", and so on,

are too painful to hold in your conscious awareness. For this reason they are repressed into your unconscious mind, where they still affect you, but are out of sight. Because of this, they are not available for conscious examination and change.

The other thing we do with these parts of ourselves we think are unacceptable is to project them onto others (this results in extreme emotional reactions to others who exhibit the characteristics we believe are "bad" or unacceptable in ourselves).

In many ways, emotional healing involves "unlearning" these old generalizations and making new, healthier ones. In reality, there is nothing about any of us that is innately bad. Since whatever you deeply believe comes true in reality, you could make a conscious choice to believe whatever would create a happy and peaceful life for yourself. Most people, however never take the reins and do this. Instead, they adopt the victim posture made so popular in the last few decades.

Meditation with Holosync facilitates this healing by making you more aware, more conscious, of repressed beliefs about yourself, and it does this in a way that, in most cases, takes all or part of the emotional charge off the negative and painful belief. If you'll remember, another of these principles described the fact that you cannot continue to do something harmful to yourself, and do it consciously. Only by remaining *unconscious* can a person continue to do something that is harmful to themselves.

Most people evaluate beliefs by whether or not they are "true or false. If it's true it's worth believing, if it's false, it isn't. In my opinion, this true/false distinction is not useful, despite the fact that it seems so obvious. The useful way to evaluate beliefs is by whether they are *resourceful* or *non-resourceful* for you—by whether they create happiness and peace, or something else. Since whatever you deeply believe comes true, the only resourceful beliefs are those that contain an outcome you want.

The big secret is that you can choose what you want to believe—you don't have to believe what seems true based on past experience. The first step is to find out what these unresourceful beliefs are. One way to begin to do this is to complete the following sentences:

I am _____. People are _____. The world is _____.

What we're looking for are the things you say to yourself when you're really down about things, when you're feeling the worst. We are not looking for what you learned in self help books—those things you think you should believe about yourself. We are not looking for "I am one with everything." "The world is filled with abundance." "People are basically good." We're looking for what you really do believe about yourself, and say to yourself, about yourself, when things look darkest—things like "I'm never going to be a success. No one will ever love me. There's something wrong with me. I can't seem to do anything right. People will take advantage of you if you don't watch them very carefully. Men always leave me in the end. No one cares about me. The world is dangerous and chaotic." And so on. We're looking for those things you say to yourself when you are really down about everything. These statements are big clues to what negative core beliefs you have.

The second way to determine what these beliefs are is to look at what is happening in your life. Since what you believe manifests in reality, you can tell what a person believes just by looking at the results they are getting in their life. If you are having trouble sustaining a close relationship with the opposite sex, somewhere there is a core belief about yourself and about the opposite sex that is manifesting this result in your life. If you are having trouble with prosperity, or health, or any other issue, you must have a belief about that subject that is manifesting in what actually happens to you.

When you look at other people who are getting better results, you can be sure the difference is that they have different, and more empowering, core beliefs on that subject.

Once you identify your core beliefs (and, remember, we're concerned with the negative beliefs

here—the positive ones, those that are giving you the results you want, don't need attention), the next step is to decide what beliefs you would need in order to create the results you want.

Once you know this, you can begin to install the new way of thinking about yourself.

To do this, you have to start telling yourself this new belief over and over, and wiping the old belief out of your mind whenever it pops up. The only reason the old belief seems true is that you have focused on it so much, which makes it play out in reality, which of course makes you focus on it more, which makes it play out in reality more, and on and on.

Focus on this new belief. Think about it while meditating, while driving, while showering, etc. Doing so may bring up old and uncomfortable feelings, so be prepared for that—because you associate the old belief with safety, it will fight for its life. Don't let that bother you. Just keep focusing on what you want. Create a Technicolor movie of yourself, getting just what you want, and feeling happy and satisfied by it. The more vivid, and the more emotion you associate with it, the better. In addition to playing the movie during meditation, play it right before you go to sleep and right after waking up.

Most people who have had significant (negative) emotional experiences focus on what they don't want (i.e., a repetition of the significant emotional experience, such as abandonment). They have a rule: "avoid "x" at all costs!" When you notice yourself focusing on what you do not want, change the focus to what you do want. Since your mind doesn't know when you focus on something that you do not want it (it always takes whatever you focus on as an instruction to go get something and bring it to you), focusing on what you do not want causes you to create more of it. To change your focus, which has been on automatic for a long time, takes practice, since the old way is on automatic. Allow yourself to go through the learning curve, which may take a while.

As I said earlier, beliefs come true because we need consistency between what we believe and reality, and we will do anything to create this consistency. We create this consistency in 3 ways.

1) We get attracted to people and situations that confirm that the belief is true. For instance, you believe no one will ever really love you, which causes you to somehow feel a magical attraction to men/women who will leave, even though consciously you have no information about this aspect of who they are.

2) We hallucinate that the belief is true even if it isn't. For example, you interpret behaviors of potential partners as meaning that they will leave, are leaving, have left, etc., even if that is not what it really means. In other words, we put a meaning on whatever happens that causes it to confirm, in our mind, that the belief is true;

3) We act in such a way that people finally comply and act in the way we feared they would act. You fear they will leave, and, because of that fear, you act in such a way that finally cause the person to actually leave.

With all three, you get to be right about what you believe. But as they say, it's better to be happy than right.

Though changing beliefs can happen in an instant, in most cases the process of changing core beliefs can take several years to complete. Just identifying your core beliefs can take some time. Let it be okay that it takes time. Take it one step and one day at a time. Meditation with Holosync greatly speeds up this process, because it helps you become more conscious and aware of what you are creating, and it takes the emotional charge off things in your life and allows you to look at things from a more dispassionate perspective (this is the watcher I often talk about).

However long this process takes, it is worth undertaking. Making this change defines the difference between being an unconscious automatic response mechanism, living out beliefs that create suffering, and a conscious being who chooses what to believe based on the kind of world they want to live in and creates a life that is happy, peaceful, full of stimulating creativity, and well worth living.

You are already an expert at creating what you believe and focus on. You may have not yet quite come to terms with the fact that anything you focus on and believe can happen for you. Most of what we focus on we did not choose. What we focus on was chosen for us when we were small and it runs on automatic. This is why I often refer to most people as being, for the most part, automatic response mechanisms. Now, all you have to do is consciously change that focus to what you want and, since you're already good at getting what you focus on, once you learn to consciously direct that focus, you'll start getting what you want.

Once these unconscious generalizations about yourself have become conscious, and have been changed to reflect what you consciously choose for yourself, you are free.

Principle #9: The Principle of the Neutral Universe

There is a Zen story of a great enlightened master who, upon hearing of his own master's death, began to cry uncontrollably. His followers were shocked to see him cry. "Why are you crying? You're enlightened. You're supposed to be beyond suffering. What will people think?"

He composed himself as best he could, and turning to them he said, "What can I do? My eyes are crying. They are so sad that they will never again see this teacher I loved so much."

As this story so poignantly points out, sorrow upon experiencing loss is a normal part of being human - even if we are an "enlightened" master and supposedly not subject to desires and attachments and the suffering they can create. The "Four Noble Truths" of Buddhism point out that all life involves suffering, that suffering is caused by desire, or attachment, and that suffering can be ended by giving up attachment (the fourth Noble Truth is the method of doing so).

The Four Noble Truths are based on an obvious, often overlooked, but fundamental reality of human existence: all things exist "in time" and eventually pass away. It's pretty obvious that not getting what you want (or getting what you don't want) involves suffering, but it's equally true that getting what you want involves suffering. Why? Because the thing you wanted is, like everything else, transitory. This month you're Employee of the Month, but next month you aren't. You love playing with your baby daughter, but she will grow up. You are alive now, but someday you will die.

I vividly remember the first time I experienced this truth. I was four years old and my mother had bought me an ice cream cone. As I began licking the sweet and creamy ice cream off the top of the cone, I was in heaven. But when I'd eaten about half the ice cream, the realization hit me that this wonderful experience was going to end. While I certainly enjoyed the rest, the experience was definitely tainted by the fact that I knew the experience would soon be over. Even in the midst of my pleasure, I suffered.

The fact is, being overly attached to particular outcomes (like the ice cream cone lasting forever) causes pain and suffering. And yet, we are trained to believe that happiness is tied to specific events or, especially in our culture, to specific things. All around us are messages that connect positive emotions to things we do and own. The children playing with this year's hot toys are happy. The couple standing beside their new car are in love. The extended family sitting around the dinner table eating canned pasta sauce are united in their humor and affection. The woman just given the diamond is young and beautiful.

Because we live in a mass culture where meaning is centralized, we are used to having others

interpret our lives for us. We have become passive observers of our own experience, waiting for other people to tell us what it means. Outside influences direct our attention to what we should care about and what we should strive for so often that the truth of our own power escapes us.

I want to suggest another idea. It's not original with me. It is basic to the transformational mystical teachings of most cultures (Buddhist, Hindu, Taoist, Zen, Native American, Sufi, and others). Instead of believing that there is an absolute value and meaning to reality, a "reality code" that young people learn to decipher, I want you to consider an alternative view:

As a conscious human being you give your world, and each event that happens, any and all the meaning it has.

There is no intrinsic meaning to anything. In most cases, we did not consciously choose these meanings we give to things. Rather, they were taught to us, according to the conventions of our culture and our family, when we were too small to know any better. The great news is that we could consciously choose these meanings if we wanted to, and that, in fact, is just what people who are continually happy and peaceful have learned to do.

This means, of course, that you are the creator of your own reality. In contrast to how you may have been conditioned to think, you assign meaning and significance (for most people, based on unconscious programming) to what happens to you and then, based on that meaning, choose (again, usually unconsciously) what your response will be.

This principle has a corollary: you will be able to make wise and resourceful choices to the extent that you live consciously rather than unconsciously. If you have become an automatic response mechanism, unthinkingly adopting those responses chosen for you by your cultural, societal, family, and species background, then your inner journey will be stalled. Your individuality and creativity will remain stillborn. What is more, you will spend a lot of time suffering.

If, on the other hand, you are able to wake up and become more aware of what moves and motivates you, you will see that you have picked up the paintbrush; you are painting the shapes of your feelings on that blank canvas. Because you are the artist and the author, you can paint anything you like. What you are painting is as ephemeral as anything else in life, but the lines you draw, the shapes you form, and the colors you choose are what give your life meaning. While we are all influenced by the cultural and personal settings in which we live, some people are able to become independent artists who can express the dictates of their own heart, and some become proponents of schools run by others.

The implications of living this way as a conscious being are staggering. Here is one of them: since you create the world you inhabit, pain and suffering really can be optional. Only when you acknowledge your role in your life - and understand your own power - is there the possibility of improving your situation or creating a different story. If you see yourself as a passive character who is acted upon by (and then reacts to) external forces you can neither understand nor control, then you become a helpless victim.

Along with this idea of self-agency comes another one. What is, is. You have some ability to change what is, but there are real limits to what you can do. Your power instead comes from how you respond to what is, not from misguided attempts to control what is. How things are for you is to a great extent the product of how you feel about what is happening - and how you feel is the result of the meaning you have placed on what is happening.

And most of the time, if you are living with conscious awareness, you will be happy and peaceful because you have consciously placed a meaning on what is happening that creates happiness and inner peace.

It is a very interesting exercise to stop whenever you feel other than happy and peaceful and ask yourself what meaning you have placed on the people or events that seem to be causing your suffering, and then to consider what meaning you could give things that would allow you to be happy. Are you so attached to a meaning that causes suffering that you are unwilling to let it go and change it to one that creates happiness and peace? If so, that is your choice, but do realize that it is a choice, not something thrust upon you.

This new meaning (the one leading to happiness) is no more real or intrinsic to the situation than the first meaning (the one leading to suffering). This is, again, because nothing has any intrinsic meaning. But if you're going to place a meaning on what is happening, which would you want, the happiness meaning, or the unhappiness meaning? It's your choice, though most people don't realize it's a choice.

This whole discussion, and the idea that you could really choose to be happy and peaceful, may sound very utopian and unrealistic to you. Becoming conscious enough to notice when you are suffering, to notice what meaning you have placed on a situation, and to consciously change that meaning, does not come easily. Those who can do this have generally spend years meditating, or pursuing some other arduous spiritual practice, to gain this degree of conscious awareness. One of the incredible benefits to the Centerpointe program is that it creates this kind of awareness in those who use it, and does so in a relatively short period of time. Using Holosync offers you a view from a higher spot on the mountain, one allowing you to consciously make new and more resourceful choices.

When I first bring up this idea, that nothing has any intrinsic meaning, people often think I'm saying life is "meaningless." That's not at all what I'm saying. Whatever meaning your life has now, you created it, whether you consciously realize it or not. The people and situations of your life did not come pre-packaged with meaning. You placed these meanings on things in your life, based on programming you for the most part did not choose. If you're ecstatically happy with your life and the meanings all the things in it have for you, terrific. If not, you could give everything in your life any meaning you want, at any time.

If you find that hard to do, well, keep listening to those Holosync soundtracks, and the conscious awareness necessary to do so will come. I promise.

"Wouldn't you invest just a few moments of your time to get incredible results like these?"

Here's what just a few of our 140,000 participants from 172 countries around the world had to say...

"Greetings I believe wow is a trivial word to express the outcome benefits of your CD The Awakening Prologue. It was far beyond my wildest dreams that such an accomplishment has been achieved or could be done. I am looking forward to purchasing the next level after I finish the Awakening Prologue time period."

Scincerely Ghazi

"My name is Bruce, and I have been a participant of the Holosync program now for just over 4 months now "Rough guess." Anyhow I want to send my deepest heart felt thanks, as this program is totally changing my entire life, for the better. Now I can actually handle what life throws my way—stress, fear, negativity, etc., are all being banished to the universal garbage can. I am eagerly awaiting the next level, and can see myself continuing the entire program. Wow what really cool trip! God bless you all."

Bruce R.

"Eric Robins here. Just wanted to take a moment to say hi. I am almost done with Awakening Level 1, and have absolutely loved it. I have noticed my stress threshold decreased by about 70%, and this is particularly noticeable in my surgical practice where things can get quite busy and hectic very quickly. I've turned a number of docs in my medical center on to holosync, and they have all been uniformly impressed. In fact, I just got credit for referring my 20th person to CRI (actually, there have been many more, but I didn't document them all.)"

Eric

"I received the new CD and I want to thank you. I also ordered the next Level which is (I think) the first of Flowering. I still have a few months to finish level 4 and now I am starting to feel very different about my life. I am glad that I continued with it because I can see clearly how I have been creating my life through my thoughts and believes. I have been placing myself in job situations where I don't really want to be in (like the one I didn't want to take last year if you remember) and it feels so great to know deep within that we CAN choose to do something or choose NOT to, it is just OK to have this freedom. Give Bill for me a big hug for his contribution in the CREATION of what my life is now. What a wonderful discovery I have made, that we are all here to CREATE, and that, combined with detachment from outcomes, we have a recipe for a very happy life. Thank you Nancy, Bill and everyone at Centerpointe from the deepest bottom of my heart. With much much love,"

Valentina

"Hello Bill. I just wanted to thank you for taking the time to answer my questions regarding Holosync. You have contributed a HUGE amount to my personal growth and I have been able to help others as a result. I feel like you are my friend even though we have never met. This means a lot. Keep up the good work"

Love, Jody

Meditate like a Zen monk at the push of a button...

Amazingly effective Holosync audio technology creates deep meditation and accelerates personal and spiritual growth...

With Holosync audio technology you will...

- ✓ **Create states of deep meditation and gives you the benefits of long-term, deep meditation, but *much* more quickly.**
- ✓ **Boost intelligence and creativity**
- ✓ **Dramatically lower stress—raise your threshold for what you can handle coming at you from the world.**
- ✓ **Create new levels of self-awareness and inner peace.**
- ✓ **Heal unresolved emotional issues at the deepest level, including anxiety, depression, anger, substance-abuse, fear and many other dysfunctional feelings, no matter what your past or present circumstances.**

Guaranteed to work...or your money back!

Dear Friend,

What I'm going to tell you about may sound like science fiction from the 1950's...but it's actually cutting edge science of the new millennium—and it can make you more peaceful, more effective, more resistant to stress, more self-aware—and much, much happier. In fact, I guarantee it will accelerate your mental, emotional, and spiritual growth...and positively change your life...in ways that will absolutely astound you.

But first I want to warn you: this is a somewhat long letter, because I want you to have all the information you need to really understand what this remarkable tool can do for you. If I could tell you in a single page, believe me, I would.

I'll make this promise to you, however: reading this entire letter could represent a major turning point in your life, and will be well worth the few minutes it will take.

Okay, let's get started.

Imagine, if you will, plugging your brain into a specially mastered cassette tape or CD containing a powerful, but absolutely safe, audio technology that launches you into an incredible experience of deep meditation so powerful...it immediately begins to create profound, positive changes in the structure of your nervous system...

...and your life!

You don't have to take my word for this—you can try it for yourself, at absolutely no risk to you, and find out for yourself that...

...this really works!

If you'd like to meditate as deeply (actually *more* deeply) than a Zen monk, literally at the touch of a button...virtually eliminate stress from your life...naturally and safely stimulate the production of brain chemicals that dramatically slow aging and increase longevity...boost your mental powers to unheard of levels...eliminate most so-called "dysfunctional" feelings and behaviors...and attain a level of happiness and inner peace few people experience—please read on...

In 1985 I became aware of, and began experimenting with, a remarkable audio technology I 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. This audio technology, when placed beneath soothing music and 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!

Impossible? Science Fiction?

Science, yes. Fiction, no. Every one of these results has been experienced and reported to us by participants in the program we've created around Holosync®, our proprietary version of this amazing audio technology. We call the program The Holosync Solution™, and we really believe you'll find it to be the end of your search for something that really works.

And, you might be interested to know that these are not the results of just a few people. What I've just outlined is the predominant profile of a long-term participant in our program.

All this from listening to a simple cassette tape or CD?

Absolutely!

Based on Dr. Gerald Oster's original research and our own research and experimentation, we've created a very powerful audio technology called Holosync, which we place inaudibly beneath peaceful music and environmental sounds. Many people call it "instant meditation"—but it's much more than

that.

Experiencing these 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" — and all the benefits I've already mentioned!

On a purely mental level, many scientists believe this increased communication between the two hemispheres of the brain is what separates the Einsteins, Edisons and Mozarts from the rest of us (that is, until now!).

Even more impressive are the positive changes in mental and emotional health created by daily use of Holosync. Let me explain how and why these changes happen.

Where dysfunctional feelings and behaviors really come from...

Everyone has a threshold for what they can handle coming at them from the world. When that threshold is exceeded, we attempt to deal with being pushed over it with a variety of coping mechanisms, including anxiety, anger, depression, overwhelm, sadness, substance abuse, and many others. The main thing Holosync does is to provide a stimulus to the brain that *pushes that threshold higher*.

My view is that all so-called dysfunctional feelings and behaviors (including those I just listed above), are all attempts to cope with being pushed over this threshold.

When a person has trauma during childhood, this threshold ends up being lower than if the trauma had not happened, and the person is more often bothered by things in their environment that might not bother other “normal” people. This means they exhibit, and suffer from, the above feelings and behaviors more often. But even the person with the normal threshold can be pushed past their threshold from time to time, depending on what’s going on for them.

The solution to all of this? Raise this threshold higher, and *this is precisely what Holosync does*. As this happens, your dysfunctional feelings and behaviors happen less and less often because it becomes less and less likely that whatever is happening in your environment will push you over it and trigger these feelings and behaviors in the first place. As a result, they fall away—for good.

This is a lot like a runner who begins with a certain physical threshold, but raises it by running everyday until what would have overwhelmed the person in the beginning becomes easy.

Let me give you a real life example—let me tell you my story.

Like you, I've been searching for something for most of my life—most of the time, not finding it. Occasionally, I found little pieces of it, but (until I found Holosync) I never could put it all together.

Back in 1985—when I first began playing around with the kind of mind expansion technology that evolved into the Holosync audio technology we use in the Centerpointe program—my life was definitely not working.

It wasn't for lack of desire, though. I tried just about everything to get my act together—seminars, workshops, several kinds of therapy, rebirthing, firewalking, bodywork, subliminal tapes, hypnosis, diet, herbs, even colon cleansing (and a few things I'm even a little embarrassed to admit I tried). I must have read—and re-read—hundreds of self-help books.

I heard meditation would help, so at age 19 I started meditating—an hour, sometimes more, every

day—and kept it up for sixteen years!

You name it, I tried it at least once — usually with single-minded devotion and dedication.

It's not that I didn't get results from all these things. In fact, I changed a lot. Sometimes I would even have what seemed to be dramatic breakthroughs. Eventually, though, I realized that the deep underlying cause of my unhappiness wasn't being touched by any of these things. And, whatever progress I was making was unbearably slow.

You probably know just what I'm talking about—from your own experience.

Then, totally unexpectedly, something really significant happened. I found **neuro-technology**.

I still remember the first time I listened to a cassette tape using a crude forerunner of the more advanced and refined technology we now use in The Holosync Solution. It was only ten minutes long, and I have to admit I was very skeptical (as you may be right now), but when I finished listening, I felt more peaceful than I usually did (on a really good day) after 45 minutes of meditation—calm, centered, mentally sharper, somehow more in touch with myself.

And this feeling lingered for hours!

Wow! I had really found something!

And, unlike the traditional meditation I'd been doing—which was hard work, often frustrating, and often didn't feel like it was getting me anywhere—this was effortless! As you can imagine, I became very excited about the possibilities.

Over the next three or four years I went on an incredible journey as I began to experiment with this new technology. I gathered together tone generators and some other equipment, went into a recording studio, and began making experimental soundtracks for myself.

As I began using them, unresolved emotional material began to surface and be released, followed by periods of incredible clarity.

During my meditations, I began to have all kinds of inner experiences—experiences I'd read about but never really expected to have. Dream-like visions. Unusual physical sensations. Psychic phenomena. Deep insights. Spontaneous solutions to life-long problems. Incredible endorphin rushes. Hours speeding by in what seemed like minutes. It was all very intriguing...and very exciting!

More important, I began to have some personal breakthroughs, which I desperately needed but had never really expected to experience (some of the same breakthroughs you may be looking for in your life) and...

...my life began to change!

I shuttled back and forth between incredible experiences and powerful release of unconscious blocks. Sometimes I would have plateaus where it did not seem like a lot was happening, but every time I thought I'd changed as much as I was going to, the process would start up again and **more** positive changes would follow.

Sometimes this process was intense as I worked through some of these old issues, but because of the super-clarity and awareness—and peace—that followed each breakthrough, it was **definitely** worth it (as you will see for yourself). After each of these dramatic breakthroughs, the whole world seemed new — each time in a way...

...I never could have imagined or predicted!

And the funny thing was, it all seemed so natural. The breakthroughs, and the new insights that accompanied them, once they were made, seemed so obvious it was hard to understand why I hadn't felt

that way before! I could hardly wait for my meditation time each day to find out what was going to happen next.

I also noticed that my mind was getting sharper, that mentally things seemed to flow better. As amazing as it sounds, I could see myself becoming more intelligent, more focused, more intuitive, and more creative. My memory got better. I seemed to more easily find solutions to problems and situations that had given me trouble before.

I later learned that a Nobel Prize-winning scientist, Ilya Prigogine, had developed a theoretical model regarding the evolution of complex systems (like the human mind) that described these quantum leaps in awareness and brain-power I was experiencing—to a "T"—and explained why they happened! I read everything I could get my hands on about his work.

This work later became the cornerstone of everything we do at Centerpointe Research Institute—and one of the main reasons why...

**...this program gives results light years
beyond other approaches you may have tried.**

I also read up on the origins of this type of mind altering technology—how studies at the Menninger Clinic back in the 1970s determined the brain wave patterns of deep meditation, and how a researcher at Mt. Sinai Medical Center in New York discovered a property of the brain that allowed these same brain wave patterns to be induced using sound—so these same meditative states (and the incredible results they produce) could be experienced...

...by anyone!

I learned a lot during this time—both from my reading and from my own personal experience—about how growth and evolution happen in the brain...and how to accelerate the whole process, while making it much, much easier.

This cutting-edge information, the fruits of all I went through during my experimentation, is packed into the follow up and support materials you'll receive should you choose to take advantage of the totally risk-free offer I'm going to make you so you can experience this amazing program for yourself.

As I continued to use Holosync, I just couldn't believe how much my life was changing. Over time, anger and fear I'd been carrying all my life melted away. People began to like me. I began to like people...and get along with them! I began to assert myself. My mind became keener. I seemed to develop an incredible clarity, not only about what I saw and experienced, but about myself and how I was the creator of what was happening in my life.

I became more creative. I wrote music. I played jazz. I started business ventures that prospered. I taught trainings. It seemed like I was literally attracting success! I began to live a whole new kind of life, one that was light years from where I had started.

And everyday I would retreat to my meditation room to lose myself for a while in deep, renewing meditation with my Holosync soundtracks.

And although great things were happening in my outer life, the really big change was happening inside (where it really counts). For the first time in my life I was peaceful and, yes...

...happy!

And all because of the effects of a simple—but very powerful—technology on a simple cassette tape!

Not that I don't still have problems and challenges—I have plenty. But the way I'm able to handle

them now—well, it still amazes me how easy life has become.

Finally I just had to put all I'd learned and experienced into something I could offer to others, at a very affordable price, and in a very modest way Centerpointe Research Institute was born.

I had no idea then how big it would get. As the year 2004 began, we had over 140,000 people in 172 countries (on every continent but Antarctica) using The Holosync Solution, and we're still growing by leaps and bounds.

And, these people report the same kinds of super-deep changes I experienced.

I went through a lot in those early years. In retrospect, I went through more struggle than was necessary, considering what I know now about how the process works.

You, however, can take advantage of all the mistakes, all the wrong turns, all the blunders—and all the discoveries—I made as I perfected what I humbly believe is not only the most powerful personal development tool ever created, but—in the support and follow up materials—the most sophisticated, effective, and easy-to-use method ever developed for dealing with the kind of rapid positive changes you'll experience in this program.

In just a minute I'm going to share with you what some very excited scientists, who have been researching this technology for the last twenty-plus years, have said about this technology. But first, I want to give you a little education about the brain wave patterns created as you use the technology—and the fascinating role they play in your moment by moment existence.

Brain Wave Patterns 101

The first thing you need to know is that twenty-four hours a day, nerve cells in your brain are generating electrical impulses that fluctuate rhythmically in distinct patterns called brain wave patterns—patterns closely correlated with your thoughts, your emotions, your state of being, the functioning of the various systems of your body, and, in essence...

...the entire quality of your life!

There are four categories of brain wave patterns. The most rapid is called a beta brain wave pattern, the pattern of normal waking consciousness. Beta is associated with concentration, arousal, alertness, and cognition.

At its highest, most rapid levels, though, beta is associated with anxiety, disharmony, and dis-ease. (Perhaps the ability to slow yourself down from those levels might be beneficial??)

As you become more relaxed, your brain wave activity slows into what is called an alpha brain wave pattern. Alpha patterns vary from deep alpha, a state of deep relaxation often referred to as the *twilight state* between sleep and waking, to the higher end of alpha which is a more focused yet still very relaxed state.

When you are absorbed in a good book (or a television show) you are probably in alpha. And, as I already mentioned, alpha is often associated with what is known as "superlearning"—the ability to learn, process, store and recall large amounts of information quickly and efficiently.

Slower still are theta waves. Theta is best known as the brain wave state of dreaming sleep, but it is also associated with a number of other beneficial states, including increased creativity, some kinds of superlearning, increased memory abilities, and what are called **integrative experiences** (in which we make broadly-based positive changes in the way we see ourselves, others, or a certain life situation).

"Ah-ha!" experiences, where you suddenly "get it," have an insight, or a great idea suddenly

comes to you, are accompanied by bursts of theta waves in your brain.

You can probably see why putting yourself in this state might ...

...increase your effectiveness!

Here's another exciting characteristic of the theta state: Dr. Thomas Budzynski, a noted researcher in this field, has said that critical and often self-sabotaging filters of the left brain are bypassed in a theta state, and that in terms of making positive changes in beliefs or habit patterns, "a lot of work gets done very quickly."

Are you beginning to see the possibilities?

And best of all, theta is also a state of tremendous stress relief. In the slower theta brain wave pattern, the brain makes lots of relaxing endorphins that really do—as you will see (or rather, feel) when you try it for yourself—melt your stress away.

The slowest brain wave pattern is delta, the brain wave pattern of dreamless sleep. Generally people are asleep in delta, but there is evidence that it is possible to remain alert in this state—a very deep, trance-like, non-physical state you'll have to experience to appreciate.

In certain delta frequencies the brain releases many highly beneficial substances, including human growth hormone, which we ordinarily make in decreasing quantities as we get older, resulting in many aging symptoms including loss of muscle tone, increased weight gain, loss of stamina, and many diseases associated with aging.

Researchers at the University of Wisconsin announced to the media in 1990 that they had injected synthetic growth hormone into a small group of elderly men between the ages of 61 and 81. The result was a sudden rejuvenation that...

...reversed biological aging by as much a 20 years!

These treatments were, unfortunately, very expensive (about \$14,000 a year) and the effects disappeared when the treatments were discontinued.

But you can stimulate the production of this and other beneficial substances, easily and safely, by exposing yourself for a little while each day to our revolutionary Holosync technology!

Here's more exciting news:

Recent research performed by Dr. Vincent Giampapa, M.D., a prominent anti-aging researcher and past-president of the American Board of Anti-Aging Medicine, revealed that Holosync technology dramatically affects production of three important hormones related to increased longevity, stress, and enhanced well-being: cortisol, DHEA, and melatonin.

Cortisol is a hormone naturally produced by the adrenal glands. According to Dr. Giampapa, cortisol is the **major age-accelerating hormone**. It also interferes with learning and memory and is, in general, bad news for your health and your well-being.

Cortisol is **the** "stress hormone," and the more of it you have, the more stressed you feel...the more susceptible to disease you are...

...and the faster you age!

Another hormone, DHEA, is also produced by your adrenal glands. DHEA is a precursor, or source ingredient, to virtually every hormone your body needs. DHEA level is a **key determinant** of physiological age and resistance to disease. When levels are low, you're more susceptible to aging and disease; when they're high, the body is at its peak—vibrant, healthy, and able to combat disease effectively.

DHEA acts as a buffer against stress-related hormones (such as cortisol), which is why as you get

older and make less DHEA you are more susceptible to stress and disease.

How important is DHEA?

A study published in the New England Journal of Medicine (December 11, 1986) found that a 100 microgram per deciliter increase in DHEA blood levels corresponded with a 48% reduction in mortality due to cardiovascular disease—and a 36% reduction in mortality...

...for any reason!!

DHEA is **very** important!

The third hormone we tested was melatonin. Melatonin, everyone knows, is a hormone that helps to create restful sleep. We make less of it as we age, and since during sleep many important rejuvenating substances are created in the brain, the inability to sleep soundly can dramatically decrease the quality of your life and greatly accelerate the aging process. New research also reveals that it is a powerful antioxidant. In fact, it is even more powerful than Vitamin E.

So how does Holosync audio technology affect levels of these three substances having so much affect on the quality (and length) of your life? In a before and after study of 19 people using Holosync audio technology the following changes were noted in levels of DHEA, cortisol, and melatonin:

- **In just three days, over 68% had increases in DHEA levels, with an average increase of 43.77%. Several people had increases of 50, 60, even 90%.**
- Cortisol, on the other hand, was down an average of 46.47%, with positive changes in 68% of the people, and with several people having decreases of 70 or 80%.
- **Melatonin levels increased an average of 97.77%, with positive changes happening in over 73% of the people. Many had improvements of 100, 200, even 300%.**

What does this mean? It means that listening to audio tapes or CDs containing Holosync technology not only dramatically lowers stress by regulating the biochemical **source** of stress, it also means that Holosync slows the aging process and...

...increases both well-being and longevity!

By the way, these research subjects were listening to the exact same soundtracks you'll be listening to in the Centerpointe program.

Pretty exciting, don't you think? Over the many years this program has existed, I've consistently noticed that participants looked (and reported feeling) younger and more alive, but until Dr. Giampapa's research, we didn't know exactly **why**. Now, we're beginning to find out!

Based on the results I've seen over the years in people using these tapes and CDs, I'd be willing to bet we'll discover listening to Holosync stimulates production of a number of other vital neurochemicals associated with improved emotional health, lower stress, and increased mental functioning. We're now designing the studies to find out.

Finally, I've been saving the best for last. It's something called brain synchronization—and I'm going to tell you how achieving it through your use of Holosync tapes or CDs can profoundly change the way you experience yourself and your world, increase your happiness and sense of inner peace, and allow you to tap into genius-like abilities.

So what is brain synchronization...and how can it create a **revolution** in your life?

Here's the answer:

As we slow the brain waves from beta to alpha to theta to delta using Holosync, there is a corre-

sponding increase in **balance** between the two hemispheres of the brain. This more balanced brain state is called **brain synchrony, or brain synchronization**.

What this means to you: As the brain waves slow and the brain balances, you more and more tap into what scientists call **whole-brain thinking, or whole-brain functioning**.

So just what is whole-brain thinking? It's using both sides of the brain to think, instead of using one side at a time, as we usually do. It's like **thinking in stereo**. It gives you a kind of meta-awareness, a new perspective—a view from a higher spot on the mountain.

Whole-brain functioning is associated with increased creativity... insight... learning ability... problem solving ability... memory... and what some people call...

...vision!

This type of brain function has been associated with geniuses—the Einsteins and Mozarts of the world. Quite frankly, I suspect this is the same type of higher brain function of, say, a Lee Iacocca, a Walt Disney, a Stephen Hawking, and other creative, high-performance individuals like them.

As amazing as it may seem, we really do now have a method for tapping into this kind of whole brain, integrative, super-functioning, high-performance, creative thinking—a level of brain functioning that up until now has been reserved to . . .

...one-tenth of one-percent of humankind!

Are you beginning to see how exciting this is??

Researcher Dr. Lester Fehmi has said that brain synchronization...

...is correlated experientially with a union with experience, and 'into-it-ness.' Instead of feeling separate and narrow-focused you tend to feel more into it... There's a whole-brain sensory integration going on and it's as if you become less self-conscious and function more intuitively.

Sound familiar? This is exactly the state many people call being "in the zone," where you're functioning at the top of your game! And it's now possible to get there—easily!

Synchronizing your brain can quite simply catapult you to much higher levels of effectiveness in your life. Neurologist Jerre Levy of the University of Chicago had this to say about brain synchronization and personal effectiveness:

Great men and women of history did not merely have superior intellectual capacities within each hemisphere [of the brain]. They had phenomenal levels of emotional commitments, motivation, attentional capacity—all of which reflected the highly integrated brain in action. [emphasis added]

How did these great thinkers and leaders achieve this brain integration? I truly don't know. Some people come by it naturally. But I do know...

...how you can do it!

Another scientist called brain synchronization "extremely beneficial, with each subject feeling as if his or her mind had reached a higher level of integration, with accompanying increases in mental powers and *an unmistakable reorientation toward life.*"

You may not end up a genius, but then again...who knows? I do know this: those who use this technology routinely tap into a whole range of remarkable abilities...

...they didn't know they had!

And don't forget, the super-deep meditation and brain synchronization you'll experience

with this technology creates some truly amazing changes in mental and emotional health. Anger, depression, sadness, anxiety, substance abuse, and a whole universe of dysfunctional feelings and behaviors fall away—even in people who have "tried everything" without success!

Here's how you can create these same changes in yourself...

So you can get the maximum benefit from this powerful technology, we've created a comprehensive program called The Holosync Solution™. The initial level is called *Awakening Prologue* and includes several powerful Holosync soundtracks (available on cassettes or CDs), comprehensive support materials and services (which I'll explain in a moment) and a huge package of introductory materials explaining the program and what's likely to happen as you use it.

Here's what happens as you **use** *Awakening Prologue*:

Each time you listen, the Holosync technology will give your nervous system a very specific audio stimulus through each ear, affecting a part of your brain called the olivary nucleus, and taking you into a state of super-deep meditation. In order to process and handle this stimulus, your brain will create **new neural pathways** between the left and right sides of the brain, until over time it has created a new structure that can easily handle the stimulus we're giving it.

The creation of these new neural pathways has three results:

- Result #1:** A very pleasurable experience during listening, and often for some time afterwards, because listening puts you into a deep meditative state that will, quite frankly, absolutely astound you. The brain produces some very pleasurable neurochemicals, including endorphins (the same endorphins responsible for "runner's high")...and, as we have seen, some that have a profound affect on longevity, aging, stress, and well-being, such as DHEA and melatonin.
- Result #2:** The creation of the "whole-brain thinking" I've discussed before, with all the improvements in mental abilities already discussed.
- Result #3:** Remarkable changes in your mental/emotional health as well as your ability to handle stress. So-called dysfunctional feeling and behaviors gradually fall away, and life becomes much different (and much better)! Your life will come into balance in a way you never could have imagine, and your level of happiness and inner peace will increase dramatically—no matter what your life is like now.

But this is just the beginning. At a certain point, your nervous system will finish creating the new structure it needs in order to handle the Holosync stimulus it's been receiving. What happens then?

Here's what happens: At a certain point (generally after about four months), your brain will have made all the changes it needs to make to handle the stimulus from *Awakening Prologue*. At that point you're like the runner who's been running two miles a day for several months, and now two miles has become easy, because the body has created the physical structure it needs to handle it.

At this point, if you find yourself saying "Wow! This is great, and I want to continue this process," you can move to the second level of the program, where we take you into the same alpha, theta, delta brain wave patterns, but create these slower brain wave patterns using what's called...

...a lower carrier frequency.

The carrier frequency is what the precise sine wave tones of the Holosync stimulus "ride" on, and one of the things I discovered years ago is that lowering the carrier frequency makes the technology

much stronger. It increases the stimulus to the brain and creates an even deeper meditation experience...and a new and deeper level of positive change.

This incredible secret of increasingly lower carrier frequencies is the "Master Key" to getting the greatest benefit from this type of technologically enhanced meditation and...

...no one else in the neurotechnology field is doing it!

This second, deeper level is called *Awakening Level 1*, and usually takes about 6 months to complete. At that point, you're ready for *Awakening Level 2*, where we again lower the carrier frequency, again increasing the input to the brain, again taking you to...

...still deeper changes!

And so it goes, until we've taken you down to the lowest carrier frequency possible. There are, in fact, twelve levels after *Awakening Prologue*, each with progressively lower carrier frequencies, if you choose to experience them all.

Let me be very clear, though, that **each level is complete within itself** and there is no obligation to continue to the next level—unless (like most people) you find yourself saying "Wow! This is very amazing and I definitely want to continue this process."

Custom-made soundtracks!

One more thing. Beginning in *Awakening Level 1* (which, remember, is the second level), we add another innovation — the second reason why this program is so powerful: we begin to customize your soundtracks, adding silent affirmations...

...chosen by you and recorded in your own voice!

You see, it turns out that in these slower brain wave patterns, your typical left-brain filters are **bypassed**, and the affirmations (personally chosen by you and recorded in your own voice) go *directly to your unconscious mind*, creating change at a very deep level—to *your* specifications.

We stopped using traditional "masked" subliminal affirmations several years ago (I wasn't convinced they really worked) and we now use the new ultrasonic Autofonix™ technology we have developed here at Centerpointe and based on research done for the U.S. Government about silent messaging technologies.

This new technology creates results other methods can't touch!

So, after the initial *Awakening Prologue* level, all the soundtracks are custom made, with the addition of personal affirmations, which you choose and record in your own voice. Soon after you start the program, we will send you more information about this new silent communication technology, how it works, and how you can add it to your tapes or CDs.

Finally, here's a third big reason why our program is different from any other personal growth or mind expansion tool on the planet: our extensive follow up, support and education to help you get the most from the program. This support includes:

- Follow up support letters every two weeks during *Awakening Prologue*, describing how meditating with Holosync technology affects the brain, how you're likely to respond on a week-by-week basis, and how to easily handle the accelerated changes you'll experience.
- Hotline access to our support staff when and if you have questions or need special help.
- Special Reports on the latest research and breakthroughs in the field.

- When you move to *Awakening Level 1*, you'll also receive my book *The Management of Evolutionary Change*, delving even more deeply into the subject of smoothly handling deep and rapid change. (Therapists in the program rave about this book!)
- Our free, twice-monthly e-mail newsletter, *Mind Chatter*, with articles about many personal growth issues, feedback from other program participants, book reviews, and other information designed to help you with the program and your personal growth in general.

In short, we offer *to develop a relationship with you* so you can take advantage not only of our expertise about this remarkable technology, but also about the process you go through as you make the kind of accelerated positive changes it creates.

Boiled down to the bare essentials, you could say we really provide you with two things:

- The most powerful meditation, mind expansion, and personal growth tool I've ever seen—a tool that really makes incredible positive changes happen, and...
- The cutting-edge expertise, follow up and support to smooth out the process so you can make the really deep changes you want to make, easily and effortlessly.

At this point you might be asking, "Okay, what's the downside? Are there are any drawbacks or negatives?"

Yes, there are some, and I want you to know what they are.

First Drawback: I'll warn you, right up front, that this program will create a revolution in your life. Holosync creates super-deep meditation, and that will put you face-to-face with...well, with yourself. If you choose to participate in this program, you'll eventually have to deal with the parts of yourself you've so far avoided dealing with.

I'm sure you know which parts I mean—those that are for the most part out of sight but nonetheless operate under the surface to sabotage you, create turmoil in your life, and make you less than happy. In this program, you will resolve these issues, and I have to admit that sometimes it can be—at least temporarily—uncomfortable.

This program will create a real healing in your life, and because on some level...in some way... to some degree...you will resist that change, you may experience periods of upheaval as you grow and change. The program will create a new balance in your life, and the out-of-balance parts will most likely put up a struggle as you bid them farewell. Real growth, real change, is often cathartic. It's just part of the process.

Of course, we will help you. We provide extensive and effective support services (at no charge, as part of the cost of the program) from an extremely knowledgeable support staff with years of experience in the program, to help you minimize any discomfort (discomfort, in this program, is definitely optional). And, actually, we've found that whatever upheaval you do experience is not only temporary, *it will generally be no greater than whatever you're already creating in your life.*

We've never had anyone—considering the phenomenal results—who didn't think it was well worth it.

Listen. I don't want to overemphasize the possible cathartic nature of your experience. For most people it's minimal—but it is a possibility, and I thought you should know about it.

Second drawback: Participating in this program requires a certain time commitment. Though *you're free to do less* (and progress more slowly), we suggest you start with a half hour of meditation

each day with the tapes, progressing to an hour a day. My bet is you'll eagerly look forward to these sessions, though, rather than seeing them as a chore.

Why? Because the experience is wonderful, and you feel so good afterwards. But still, you do have to be willing to set aside the time.

If you aren't—if you don't think the incredible mental, emotional, and spiritual benefits of this program are worth the time commitment—this isn't for you.

Finally, you might be asking: Is the program safe? Are there any long-term dangers?

Not unless you find increased happiness, greater peace of mind, improved mental functioning, greater self-awareness, better emotional health, and a feeling of greater aliveness dangerous. At this point well over 100,000 people in 172 countries have used Holosync audio soundtracks to improve their lives. So far, I'm not aware of *even one person* who has reported any negative results (other than a little bit of discomfort from time to time as part of the healing process).

And, the program has been heartily endorsed by scores of doctors, naturopaths, and mental health practitioners, as well many other leaders in the personal growth field.

We feel very confident, after over 18 years of investigation and hundreds of thousands of hours of use (not to mention at least 12 years of research in this field by others prior to my own involvement), that the program is 100% safe and will deliver to you an absolutely remarkable, positive, life-changing experience.

So, if you're ready to give the program a try, here's my risk-free offer (in fact it's better than risk-free):

I know you may be skeptical. I know I was when I first heard about this. Everybody always promises the moon with these personal growth approaches, and I know I've promised you a lot here. All I want is **the chance to prove to you** that everything I've said in this letter is absolutely real and true and that this technology, and the program I've created around it, truly will change your life.

Here's how you can try the program for yourself:

I'll send you *Awakening Prologue* for the special introductory price of \$159 plus \$9.00 for shipping and handling. You may choose either CDs or cassettes. Shipping outside the US and Canada is \$34. Please call or visit our web site at www.centerpointe.com for overnight delivery details.

This price includes the three main soundtracks you'll need to participate in this initial level of the program. It also includes a hefty Special Introductory Package of written materials explaining the scientific basis of meditation, how deep change really happens, the scientific background that makes Holosync technology work, and how to get the most from the program.

Plus, you'll receive follow up support letters from us every two weeks for the first six months, describing how the program will affect you, what you're likely to experience, and how to deal with whatever happens in a way that allows quantum leaps in brain function and personal change to happen...

...easily and effortlessly!

You'll also receive unlimited access to our Support Telephone Hotline (or by email or fax, if you live outside the US and Canada), so there will always be someone available to answer any question you might have about your experience.

Payment options...

To make it even easier for you to give this program a try, you can even pay in four easy payments:

an initial payment of \$85 plus shipping followed by three monthly payments of \$28 (Visa and Mastercard only).

Okay, here's the "better than risk-free" part. Just for trying *Awakening Prologue*, we'll also give you five additional FREE Holosync soundtracks:

FREE Bonuses Worth \$127.88!

Quietude — this beautiful and very relaxing soundtrack features the Holosync technology at the alpha level. Since alpha is the brain wave pattern of super learning, *Quietude* is also perfect for listening while reading, learning, or studying, or to play in your work space to keep you refreshed and alert for hours.

Oasis will take you deeper, into the theta brain wave state, a state of increased creativity. (I like to listen to *Oasis* when I'm trying to find a creative solution to a seemingly "unsolvable" problem.)

These two beautiful (and powerful) soundtracks normally sell for \$37.98, but they're yours FREE just for trying *Awakening Prologue*. Plus, we'll send you another very powerful free Holosync soundtrack worth \$24.95 about two weeks into the program (but I'm going to keep that one a secret for now).

Finally, as an added bonus only with this offer, you'll also receive a very special 2-soundtrack set, *Super Longevity*™. Created in conjunction with Vincent Giampapa, M.D., noted longevity researcher and past-president of the American Board of Anti-Aging Medicine, these soundtracks are specially engineered to create powerful changes in important brain chemicals related to aging and longevity, including DHEA, cortisol, and melatonin.

Dr. Giampapa and I have specially created this two-soundtrack set to address the issue of aging and longevity—and though it normally sells for \$49.95, it's yours FREE just for trying *Awakening Prologue*.

Finally, since I understand you may still be skeptical that this program can do everything I've told you it will do, I'd like to take all the risk out of trying it by giving you...

...a 365-day better than risk-free guarantee!

Please try *Awakening Prologue* for up to a full year. Anytime during that year, if you aren't convinced this is the most incredible growth tool you've ever used, and that it does everything I've described here, just return it and we'll cheerfully and quickly refund your payment. And, you can still keep the free bonus soundtracks (worth \$112.88) and all the written materials as my gift to you just for trying *Awakening Prologue*.

Finally, we'll also send you a special Research Report (\$15 value) outlining the exciting scientific research behind this groundbreaking new technology. I know you'll find this report fascinating and informative reading.

Please, give me an opportunity to show you how this technology can change your life...and also show you how many other ways we'll give you much more than you bargained for: more information, more follow-up and support, more service, and certainly...

...more results!!

Worst Case: You gain a real education about the latest scientific breakthroughs in mind technology and how really deep change happens in the brain—plus you'll experience a whole year of extremely deep meditation and resulting positive core-level changes.

And, you receive for FREE, just for trying *Awakening Prologue*:

- 1 **\$112.88 worth of bonus soundtracks, and the \$15 research report, making the free bonuses actually worth \$127.88)...**

- 2 All my writings in the Special Introductory Package regarding the science behind this amazing technology and the process of deep change it creates...
- 3 All the follow up support letters...
- 4 Any Special Reports we create, plus...
- 5 Unlimited access to the Telephone Hotline.

Best Case: You finally find a tool that will help you get that elusive "something" you've been searching for—while you thoroughly enjoy yourself in the process!

Even one of the remarkable quantum leaps in personal growth brought about by Holosync soundtracks—and the tremendous positive emotional changes that will accompany it—could change your life forever. But you'll experience these leaps in awareness over and over in this program. In fact...

...they become more profound the deeper into the program you go!

Many of our program participants have commented that they experienced more deep change in the first four months of our program than in three to five years of intensive therapy costing anywhere from \$8,000 to \$20,000! *Awakening Prologue*, on the other hand, taking four to six months to complete, is only \$159—between \$.88 to \$1.33 a day! Less than the coffee you drink each day!

So please—join me in experiencing this remarkable tool. You have nothing to lose and...

...everything to gain!

In conclusion, let me summarize the many real advantages of participating in The Holosync Solution:

- Super-deep meditation, literally at the touch of a button
- Improved mental abilities, heightened creativity and problem solving ability
- Dramatic reduction in stress and anxiety
- Improved health and a new sense of mental, emotional and physical well-being
- Increased focus, concentration, memory and learning ability
- Increased motivation and confidence
- Production in the brain of many vital neurochemicals proven to slow aging and keep the body young, alive and fully functioning
- Better, more restful sleep
- More happiness and flow in your life
- Healing of unresolved mental and emotional blocks

And, if it doesn't do all of this for you, just send it back within one year for a full refund!

So let The Holosync Solution be the new beginning you've been searching for.

I eagerly look forward to having you in the program.

With warm regards,

Bill

William Harris, Director,
Centerpointe Research Institute

P.S.: Remember, you receive \$276.88 worth of materials for only \$159, plus \$9.00 S&H (\$34 S&H outside the US and Canada). If you're not 100% impressed by the results, just send it back within one year and we'll cheerfully refund your money. Plus, you can keep all the free

bonuses as my gift to you just for trying this powerful program.

And, you can even pay in four easy payments—an initial payment of \$85 plus shipping followed by three monthly payments of \$28 USD (Visa and MasterCard only).

So please call now (800-945-2741 or 503-672-7117) to join, or to ask any questions you might have. Or, go to www.centerpointe.com and click on "purchase." And remember, there's no risk—you can only benefit.

New internet page reveals how to get double, triple—maybe even ten times—the personal growth of Holosync® alone!

"Quite frankly, this is the most powerful instruction on the planet...in how to create exactly what you want!"

Bill Harris

Dear Centerpointe friend:

I want to share something with you that's incredibly valuable...and...

absolutely FREE!

To get this valuable FREE something, simply go online to...

www.centerpointe.com/life/online/preview

At this web address, you can read some extremely powerful and interesting information about my new *Life Principles Integration Process* online course—and listen to a FREE preview lesson filled with practical, usable information you can use *right now* to improve your ability to create the life you want.

If you'd like to learn more before you go online, I've reprinted the most important parts of that page following this one. But, I urge you to go to www.centerpointe.com/life/online/preview as soon as you can and listen to this important personal growth information.

Look. Over the last 30+ years, I've learned (the hard way) exactly how to create *anything* I want in life—both inside and out. During this time, I've been lucky enough to learn several *key secrets* that anyone can use to create what they want in life.

I want you to have this information—that's why I created The Life Principles Integration Process and made it so very inexpensive—but the preview lesson is even better...it's FREE.

Something else that's very important...

I've received more positive feedback (see some of it later in this section) about these courses than *anything* I've ever done. For years, people all over the world have raved about The Holosync Solution program, but I've *never* received *anything* like the thankful letters Life Principles telecourse participants have sent me (please take a minute to read some of the comments).

But what really matters is *your* opinion. For that reason, the online course comes with a 100% money back guarantee. And, in the coming weeks and months, I'd love to see a similar letter from you, telling me how the course has changed *your* life.

For now, please go to **www.centerpointe.com/life/online/preview**, read the material, and listen to the FREE preview lesson. And, if you decide to participate in the rest of the course, buckle your seatbelt, because you're about to experience a rate of personal growth that you never thought could be possible.

Be well.

Bill

William Harris, Director
Centerpointe Research Institute

P.S. I sincerely hope, from the bottom of my heart, that you don't miss out on this free opportunity...
Go to: <http://www.centerpointe.com/life/online/preview> right now!

"Quite frankly, this is the most powerful personal growth instruction on the planet!"

"Hi, my name is Bill Harris, and I'm going to reveal to a select group of people a new method that will allow you to..."

- Master what I call your *internal map of reality*, allowing you to create *incredible happiness, inner peace, and personal success*—no matter what your present or past circumstances...
- Eliminate hidden beliefs and other mental programs that sabotage you from getting everything you want...
- Focus your mind with laser-beam clarity and intensity so you can achieve any goal and solve any problem...
- Eliminate fear and worry from your life...
- Turn any failure or adversity into an even greater success...
- And many more super-powerful and super-effective personal growth and success secrets and strategies...

And...I'm going to do it for FREE!

You may join me—from a comfortable easy chair, in your own home—but only under the following (quite reasonable) conditions...

- 1 You must agree to give me your full, undivided attention for 45 minutes, and...**
- 2 You must make an iron-clad commitment to at least try the powerful techniques I'll reveal.**

Dear Friend:

Like you, I've tried a lot of personal growth and self improvement programs in my life.

In fact, it was my own almost fanatical search for personal growth which led me to create The Holosync Solution™ (formerly The End® Personal Growth Through Technology) program.

If you're already participating in The Holosync Solution (and I certainly

Here what some recent course grads said...

"THANK YOU, THANK YOU, THANK YOU, THANK YOU, THANK YOU!!!!!! The first lesson was worth the price of this course, and more. I have heard and read similar material before, but somehow you manage to present it so that it gets through in a powerful way. I simply can't tell you how grateful I am to you—and you're plenty funny!"

Jean M.

"Wow, you are not kidding when you say you really want to help. I knew that already though. Thank you so much. You, your program, and your teachings have changed my life completely."

Lee

"You really know your stuff! Razor sharp."

Andrew

"Wow! I'm impressed by all the time

(More on next page.)

(Continued
from last page.)

and energy you are putting into this course. Thank you!"

Ellen

"I absolutely love your impeccable program. You've summed up just about everything that I've heard from many other tapes and books, but they did not hand you the formula for the answers the way in which you did. I feel that there are many thousands of beings who are truly grateful for all that you have gone through to bring about such change for so many. May we all find the joy and blessings that you have come to live. Bright Blessings,"

Janet G.

"Last night I had a hugely significant breakthrough—my whole life changed in one day. This seemingly small shred of information/inspiration has provided me with full satisfaction that this course was and will be totally worth every investment I have made. This is so powerful for me I am happy to say.

(More on next page.)

hope you are), you know how powerful and effective it is.

You already know how it creates deep positive changes in virtually everyone who uses it. And you've, no doubt, already experienced some of the powerful benefits it provides. (If you're not yet experiencing the powerful benefits of The Holosync Solution, I urge you to at least give it a try.)

Anyway, although The Holosync Solution is truly amazing in its effectiveness, I have, after several years of hard work, finally...

...created a new companion program, which I'm convinced will make Holosync more effective, and dramatically accelerate your progress!

And it won't cost you a dime for me to prove it to you!

Let me explain...

The Holosync Solution creates huge changes in the way you see yourself and your place in the world. It does this by, quite literally, waking you up.

Most people, sadly, are little more than automatic response mechanisms, dealing with most, if not all, of what comes their way *unconsciously*. Such a person's internal map of reality operates to create their experience and results in life, and does so...

...largely outside their conscious awareness.

Running your life unconsciously works great—if your internal map of reality happens to be set up in such a way that it delivers the kinds of results you want.

Unfortunately, to one degree or another, most people create a fair amount of unhappiness, anxiety, failure, self-sabotage, and lack of personal fulfillment. Some create *a lot* of it.

The Holosync Solution solves this problem in two major ways.

The first way: You have a certain threshold for how much you can handle coming at you from the world. When that threshold is exceeded, you feel stressed, and you cope with that stress with a variety of largely ineffective methods, including anger, anxiety, depression, fear, substance abuse, overeating—and a long list of other dysfunctional feelings and behaviors...

...almost all of which involve suffering and discomfort.

Holosync solves this problem in a most elegant way by *raising your threshold for what you can handle*. It raises this threshold, pushing it higher and higher, until very little, if anything, can push you over it. As this happens, all those uncomfortable feelings and behaviors...

...fall away and disappear!

It's kind of like running. If you began running every day, you'd begin with a certain threshold for what you can handle physically. But as you run each day, this physical threshold goes higher and higher as your muscles and

cardiovascular system change, until you can easily handle what would have overwhelmed you in the beginning.

The Holosync Solution does the same thing for your mental and emotional threshold. Each time you listen, Holosync pushes that threshold higher. And each time you move to a deeper level of The Holosync Solution program, we increase the power of the Holosync stimulus, pushing your threshold higher still.

**This brings me to the second way
Holosync solves the problem of
unconsciously creating what you do not want:**

In making these changes in the brain, Holosync causes the creation of *new neural pathways* between different parts of the brain, particularly between the left and right hemispheres. These increased neural connections cause you to see relationships and connections you did not see before, allowing you to...

**...increasingly see and experience the infinite
ways that you are connected to everything else.**

This new way of seeing things is sometimes referred to as *expanded awareness*. One benefit of this expanded awareness is that *you become increasingly conscious of how your internal map of reality creates your experience and results in life.*

As you become more aware of who you are and how you create whatever happens, you finally see (often for the first time), how the choices you make, and the results you get (even if it's all generated unconsciously and automatically), come *from something in you—not* from external circumstances.

This means you can change these results, if you want to!

The more conscious you become of exactly how your internal map of reality creates your life, the easier it is to see how easy it is to create different results, if you want to. You begin to see, on an experiential level, how an unresourceful map of reality creates unresourceful results, and a resourceful map of reality...

...creates resourceful results!

But that's only the beginning.

As you become more aware of how *you* are the one creating your life, past emotional traumas begin to lose whatever power they may have had over you. Even though these traumas may previously have been central to your life, creating drama after drama (as was certainly the case for me), becoming more conscious causes them to *dissolve and disappear*, leaving your life forever.

And, although these changes certainly don't happen overnight, they happen much faster and much more consistently than with any other personal growth technique or discipline I've ever come across, in over thirty years of searching.

(Please forgive me for being so long-winded in explaining this, but I really want you to understand the full context of what I'm offering you, so

*(Continued
from last page.)*

I sure feel like a new person today. I want to express my thanks and gratitude for the space of knowledge and inspiration you have been in my life in the last 5 Months since I joined the Inner Circle—I once was lost and now I'm found. I would and have recommended this work to anyone who will listen. Thanks again..."

Kevin C.

"Thanks Bill—what you are offering is really helping me. I admire your ability to help others and your ability to express involved concepts so simply and clearly."

Gail

"Thank you. I'm grateful for the wonderful adventure I'm getting from your course. I didn't know that it contained all this and more."

April M.

"I appreciate very much what you are communicating to me: that you really do want me to benefit from this course! Blessings"

Margaret

(More on next page.)

*(Continued
from last page.)*

"Thanks so much for the effort you are putting into getting your message across. I appreciate it. Huge changes are happening. Thanks again."

Beverley L.

"First, I want to say that I am really happy with the lessons. Thank you so much for doing them. As soon as I finished listening I came to some new conclusions and noticed differences in my behavior. So thank you again."

Nick F.

"I want to take the opportunity to thank you deep from my heart for your personal commitment and support in your work. I am since 1 year in the program...the effects are amazing. Thank you so much!!!"

Gabriele

"Just wanted to let you know that I really like the way that this course is set up, i.e. downloadable call and notes. I've listened to the call twice and having the notes to follow along with has been very helpful"

(More on next page.)

you'll really appreciate it.)

Okay, then. Onward.

Now, it's been nearly 14 years since I started Centerpointe Research Institute, and over 110,000 people in 172 countries have now used Holosync to improve their lives. For many years, I thought all a person needed to do was listen to Holosync each day, read the Follow Up Support letters I've written (so as to understand the changes created by Holosync), and work their way through the different levels of the program.

And, actually, I still believe that if you do that, everything I've described above will happen for you.

However, as I've led nearly twenty-five Centerpointe retreats over the past several years, I've noticed something very interesting: those who come to the retreats experience even more dramatic and faster progress than those who just listened to Holosync at home.

Why is this?

After a lot of thought, I finally realized that I was teaching some very powerful principles at the retreats that, once mastered, cause people to make giant strides in their personal growth...

...and in their ability to create the inner and outer results they want!

For this reason, I now give every person who joins The Holosync Solution program free CD copies of my talks at the retreats. If you're in the program, you've probably heard these CDs.

But I also realized that when people hear me speak live, and are able to interact with me, ask me questions, challenge me, and tell me what they don't understand...

...the learning is much greater—and *much* faster.

And, in these "in-person" sessions, no one is left wondering about the actual nitty-gritty "how-to" of what I'm talking about. Why? Because if they don't get it, they can ask, and I can explain, until they *do* get it.

But here's the problem:

Because of my limited time, only about 100 people a year can attend a Centerpointe Retreat. With 110,000+ program participants (and adding over 1000 every month), only 1/1000th of those in the program can interact with me in a retreat each year!

This means—if we don't add any more program participants—that everyone will have their turn by the year 3000.

Not good.

The CDs of my talks are great, but they aren't the same as hearing me in real-time. And, with the CDs, there's no provision for asking me questions, which I've found is often where the real learning takes place and the "ah-ha's" really happen.

To solve this problem, and to make sure I really get across to you the

precise information you need in order to create *the exact inner and outer results you want* (and accelerate the benefits of The Holosync Solution), here's what I've done:

I've created a comprehensive new program called *The Life Principles Integration Process*[™]. The LPIP is a series of knowledge tools that teach you (and show you how to put into actual practice) certain key life principles and strategies—principles and strategies that will allow you to...

**...create the exact inner
and outer results you want.**

The LPIP will eventually consist of a whole series of at-home seminars, each with an accelerated learning manual and one or more accompanying CDs explaining, in detail, all the principles, techniques, and tools I want you to master, step-by-step instructions on how to master them, along with the possibility of additional coaching by telephone.

But rather than wait until I've had the chance to create all the workbooks and CDs, which, considering the huge amount of information involved, may take me the rest of this year (and a good bit of next year)...

**...I want you to be able to take
advantage of this information NOW.**

So, what I came up with is a series of 60-90 minute (or so) teleconference phone calls, in which over 900 participants participated as I taught each principle, and explained exactly how to master it, in detail.

Then, between calls, participants were able to email their questions, comments, and concerns to me at a private mailbox address I gave them. I addressed some of the questions on the next call and others I simply responded to directly. Either way, everyone who asked a question got an answer directly from me.

I did it this way because I wanted to make *absolutely sure* every single participant understood everything I was teaching and...

**...would really be able to
implement *all of it* into their own lives.**

I *wasn't* interested in having them merely understand this information on a theoretical level. *That wouldn't give them the lifelong changes I was determined to help them make.*

For most people, mastering this material also meant discovering what unconscious blocks they may have had that made it difficult for them to *really change their thinking and their actions* to match those of the people who are already getting the exact results they were looking for. Once they did that, the results they wanted began to flow to them...

...almost effortlessly.

So, in addition to teaching the general principles participants needed to know, I was able to successfully help them uncover these blocks, show them how to move past them, and teach them how to take these important theoreti-

*(Continued
from last page.)*

*as well. Your notes/
outline is very good
and allows me to lis-
ten along quite effec-
tively. Looking for-
ward to the next call.
Thanks."*

Terry I.

*"It is as I hoped it
would be: worth the
effort. Keep it com-
ing. God Bless"*

Patrick B.

*"Your telecourse is
super! I'm really
thrilled with the con-
cepts. Thanks."*

Marilyn W.

*"I love the Tele-
course. It is certainly
the best investment I
have ever made—ex-
cept for The Holosync
Solution. Thank you,"*

Barbara G.

*"I feel really good
about it. What you are
offering in the class
allows us or gives us
(at least me) the tools
to focus and put struc-
ture to [Holosync].
Thank you Bill and ev-
eryone at Center-
pointe. This is said
very seriously from
the bottom of my
heart.*

*Love, Peace, and
Thank You very
much."*

Laura

(More on next page.)

(Continued
from last page.)

"Just want to take a moment to thank you so very much for all that you share with us. Your heart, time, attentiveness to detail... I have never participated in a course (even at college, I think!) where the information was so well organized and so accessible. You have beautifully broken this down so that any person of any educational level can understand it. I can readily see that if I don't progress... it is my fault. Thank you, and make a great day!"

Mary F.

"The course is definitely helping me, and I'm sure many others, immensely. I appreciate how you hammer home the same message from many different angles. In my opinion, the material you are teaching is the most important subject on the planet. Please keep up the great work."

Lee

"First let me say that, YOU ARE THE BOMB! By the way, I've been in the program for eight months (More on next page.)"

cal principles and...

...apply them to the ongoing parade of seemingly small situations that collectively make up their lives.

So, what does all this have to do with you?

We launched the *Life Principles Integration Process TeleCourse* a few month's ago, and frankly, it's been one of the greatest (and most successful) things I've ever done. But, although I was able to work with, coach, train, and help over 900 people on the live TeleCourse, that number still fell way short of what I want to accomplish. So, I've decided to make the entire series (there are three courses consisting of at least twelve lessons each) available to you in the form of an online course. It's called, the *Life Principles Integration Process Online Course*!

Now, I'm going to let you in on a little secret...

The *Life Principles Integration Process Online Course* is actually even better than the live TeleCourse series. Oh, the content is the same (in fact, we recorded all the calls from the TeleCourses), but the sound quality of the recordings is (in most cases) much better than what people heard listening on the live call... And, you can take each lesson at your convenience rather than having to dial in at a specific time... And, you don't have to pay any long distance telephone charges. But, you still get to email any questions you may have directly to me! Look. If you're even remotely interested in making some pretty incredible changes in your own life, I urge you in the strongest way possible to consider participating in these online courses. Let me tell you a little more about them...

There are three different courses in this series (which I'll describe in detail in a moment), which I will teach sequentially, one course at a time. Each will consist of (at least) 12 lessons. You'll generally complete two lessons each month (although you can take as long as you want on each lesson—or go back and review the lessons at will).

The recorded audio portion of each lesson takes between 60 and 90 minutes or so.

Now, because I want you to fully understand this opportunity before you commit, and to show you (rather than just tell you here) just how valuable this material will be to you...

...I did a special free introductory teleconference call...

Now, I've posted the audio of this call online, so you can listen to it if you missed it.

Then, if you decide you want to participate, you can enroll after listening. I'll explain the costs and all the other information during the free call, but I'll tell you right now, it will be...

...very reasonable!

Based on the response I've had as I teach this information in person and on the live TeleCourses, I'm betting you're going to be very excited and want to participate in the whole series.

And, if you for some reason don't want to participate—if you're already so happy, and easily creating everything you want in your life—you'll have invested a pleasant and very informative 45 minutes and learned some valuable information, for free.

First, let me tell you a little bit about the three telecourses.

Online Course Number One: The Map of Reality Expander™

This course is designed to help you become conscious of what I call your *Internal Map of Reality*, how it creates every result and every experience in your life—and how you can make the necessary changes that will allow you to very consciously and very deliberately...

...create happiness, inner peace, and personal success.

We will go through every important aspect of how you've created your map of reality. We'll take apart each aspect, discover what works and what doesn't, and then put it back together again in a way that allows you to create the results you want. You'll go from having your map of reality *automatically and unconsciously* create your life, to *consciously choosing each result* and knowing how to make that result a reality.

- √ We'll deal with beliefs and just how *crucial* they are in determining what results you experience. To get what you want, your beliefs *must* support your outcome, inner or outer. You'll discover exactly how to make that happen.
- √ We'll deal with values, the main engine providing motivation to anything you do. We'll also uncover any conflicts in your value structure (most people have lots of them). Value structure conflicts are one of the main ways people unknowingly sabotage themselves. If your values do not support the results you want, you're set up for failure, no matter what you do or how hard you try.
- √ You'll learn about the unconscious filing system you use to store and keep track of your beliefs, values, strategies, decisions, likes and dislikes, and other parts of your internal map of reality—and the powerful effect this filing system has on what you create. You'll learn how to rearrange and manage this system in a way that eliminates self-sabotage and dysfunction, and creates the maximum amount of happiness, inner peace, and success.
- √ You'll learn about your unconscious strategies, how they lead to the mental and emotional states you experience, the decisions you make, and the actions you take. You'll learn how to stop using those that lead to unhappiness and failure, and how to create new and more resourceful

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from last page.)*

*and am on Level 1.
LOVE IT! Peace &
Love,"*

Cliftonia J.

*"My life IS CHANG-
ING! Thank you,"*

Barbara G.

*"I'm enjoying the
course. This tele-
course, and Holosync,
has enabled me to
contact lots of stuff
that 20 years of other
practices and self-
help courses haven't
turned up. So thank
you very much. I re-
ally enjoy your simple
and direct approach!"*

Richard

*"Wow. Thank you
for the exercise in this
last call. I've appreci-
ated everything up to
this point, but this has
really opened up some
blockages. I signed up
for your full program
because the effects of
my first experiences
with the Awakening
Prologue were very
profound."*

Wendy P.

*"I only wanted to
thank you for these
calls. At the end of lis-
tening to call 3 as Bill
was making his clos-
ing statements, I had
a great sense of love
and gratitude towards*

(More on next page.)

(Continued
from last page.)

Bill and for what he is
doing. Yahoooooo!"

Jerry

"I am really enjoy-
ing this course and
also listening to the
Holosync CD's. I can
see dramatic changes
in my life already that
could have only have
come from these pro-
grams because that's
when I noticed the
changes beginning. I
keep wondering what
other blessings this
program will bring to
me. Keep up the good
work and thanks for
making this possible
and bringing it into
my life. Your student,"

Sandra P.

"I want to let you
that your series of
calls have "empow-
ered" me, yes, I feel
empowered because I
discovered so much of
myself which I have
never known and now
know where the root
causes are. I just want
to say thank you. Best
Regards..."

Poh

"I just want to say
how much I appreci-
ate all you are trying
to do for us and the
professionalism with
which you operate.

(More on next page.)

strategies that create happiness, inner peace, and effectiveness in the world

✓ You'll learn the powerful creative effect of the *meanings* you unconsciously give to people, things, and situations. You'll learn how to consciously create and assign new, more resourceful meanings that lead to happiness, inner peace, and effectiveness in the world.

✓ You'll learn your own complex system of information filters delete, distort, and generalize the sensory input that comes your way. You'll learn which filters are not serving you and how to create new filters that help create the results you want.

✓ You'll also learn a tool designed to help you motivate and inspire yourself and allow you to recognize and experience the satisfaction of your achievements by measuring progress based on how far you have come, rather than by looking at how far you still have to go. This tool alone can dramatically affect your level of happiness and inner peace.

Online Course Number Two: The Accelerated Change Maximizer™

This course is designed to show you how to effectively deal with accelerated change and help you successfully create happiness and inner peace in your life. Most people, though they want change—often desperately—unconsciously resist it.

In this course I'm going to teach you how to stop resisting change and do what it takes to make it happen, effortlessly and quickly.

✓ We'll deal with the whole subject of resistance—how it creates *all* suffering and discomfort, and the secret way to eliminate it from your life.

✓ We'll deal with the whole subject of your personal threshold. You discover exactly why you become angry, depressed, anxious, fearful, sad, or exhibit various other dysfunctional feelings and behaviors such as overeating, drug-taking, alcohol use, and many others. Then, you'll learn how to eliminate all of these things from your life, regardless of your past or present circumstances.

✓ You'll learn the secret (and very positive) power of chaos, the part it plays in the process of change, why you may resist change even when it is something you want. You'll learn how to turn the chaos of change to your advantage, and how to get out of the way and allow positive changes to happen without resistance and discomfort

✓ You'll learn how to take responsibility for every experience and result in your life. You'll learn how the most effective human beings on the planet have moved from being at the *effect end* of the cause and effect process, to being at the *cause end* of the process. In mastering this, you'll tap into a source of personal power so huge that it will allow you to create anything you want in life.

✓ You'll learn about the *Conscious Change Optimizer*. Without

understanding this principle, you'll continue to create the same negative results over and over, even though you may be fully aware you are doing so. Once you understand this principle, you can easily eliminate every result from your life that does not serve you.

- √ You'll also learn how to use *The Conscious Awareness Expander*, a simple technique that ends resistance to whatever is happening, solves all problems, and cuts through all difficulties.
- √ You'll also revisit the tool I mentioned above, designed to help you motivate and inspire yourself and allow you to recognize and experience the satisfaction of your achievements by measuring progress based on how far you have come, rather than by looking at how far you still have to go.

Online Course Number Three is called: The Success Solution™

This course is designed to show you how to effectively achieve any result you want in the world. Again, there is a certain way that people who create the results they want in the world think and act—and in this course, I'm going to tell you exactly what it is and how to adopt it.

We'll cover:

- √ The Outcome Identifier, a tool helping you clarify what it is you really want in life. Many people are stalled from accomplishing anything because *they don't know what they want!* The Outcome Identifier will help you clarify what you want so you can go out and get it.
- √ You'll also learn how to create a clear, concise, and effective statement of what you want, a time limit for its achievement, determine the price you will need to pay for its achievement, and a plan of action. Written goals and plans are the first step in achievement, but to be sure of success, you *must* know exactly how to create such a goal statement.
- √ I'll also teach you how to eliminate the fear and worry and other negative emotions that may be stopping you from achieving your goals. Without this tool, you will be subject to all kinds of self-sabotage and disappointment.
- √ Believe it or not, the most successful people are those who have failed the most! That's why it's so important that I teach you how the most successful people in the world are able to turn *any* failure or adversity into an equivalent or greater benefit—and how you can do the same.
- √ Since you will very likely need help to achieve your goals, I will also teach you how to find the people you need to help you achieve what you want and secure their cooperation and help.
- √ There is a definite price for every success and, whatever you want to

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You have a very generous heart and I feel the obsession you have to help us as quickly as you can with all that is going on in the world. You are a blessing. Love and light along your path. Thanks for crossing mine."

Paige P.

"I know you're busy, so I won't take up too much of your time. I just want to tell you that these classes are incredible. They are insightful, thought-provoking, and well worth the money. I am looking forward to my 18-month journey with you. Again, Bill, thank you so much for offering these invaluable courses. Boundless success and abundance,"

Diane C.

"Did anyone ever tell you how WONDERFUL you are? I know you have to be very, very, very busy but yet you wrote to me? At risk of sounding corny I do think you're wonderful!! Love,"

Denise

(More on next page.)

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from last page.)

"I laughed out loud (in a good way!) at your commitment to help me learn how to "be happy and create what I want"—if it's the LAST THING YOU DO! I feel loved and cared for! ;-) I am signed up for all three courses and I intend on continuing with Holosync. I am impressed with your caring and diligence."

Rob

"I may go through some Kleenex tonight, but it won't be from grief; it now comes from relief and gratitude. I've been carrying this crap around all my life. I feel relaxed right now, satisfied, almost smiling. Dare I say it?—Peaceful. Sincerely,"

Veronica

"I'm so amazed at how the last few days have been. All these years of self help books, counseling etc. and you just neutralized it all in about 5 min. Amazing!! I can hardly wait to see what's next! Thanks, Bill."

achieve, you must determine what that price is, figure out how to pay it, and be willing to pay it. In this lesson, I'll teach you exactly how to do that.

√

Since everything begins with a thought, you'll need to harness the power of your own mind and learn how to keep it focused like a laser-beam on what you want. In this lesson, I'll show you how the most successful, make-it-happen people in the world do it—and how you can create incredible creative power and solve any problem by doing so.

√

As in the other two courses, you'll also revisit the tool I mentioned above, designed to help you motivate and inspire yourself and allow you to recognize and experience the satisfaction of your achievements by measuring progress based on how far you have come, rather than by looking at how far you still have to go.

And all of this is just the tip of the iceberg. At the conclusion of each course, you'll have all the information and how-to knowledge you'll need to...

...be, do, and create *anything* you want in your life!

I struggled for years to learn this information, all of which I have tested in real-life practice for over two decades. I went from being absolutely miserable inside, and discouragingly ineffective outside, to being happy, centered, and peaceful, and able to create any result I want ed.

You can learn to do the same. I promise. All you need is to know what to do, and be committed to doing it.

So, if any of this sounds even *remotely* interesting to you...if you want step-by-step instruction in exactly how to create whatever internal or external results you want...please listen to this free lesson by clicking below.

Look. If you're really serious about your personal growth...if you want to learn the real, practical steps that will take everything in your life to a higher level...if you want to begin consciously creating exactly what you want—rather than settling for whatever your internal map of reality creates unconsciously—you simply must listen to this FREE lesson.

The 45 minutes you'll spend with me will surely result in some big "ah ha's" that will make a huge impact on your life. I absolutely guarantee it! Then, if you want, you can sign up for one, two, or all three of the online courses I've described at a special—and very reasonable—price I'll announce during the call.

Unless your life is already everything you want it to be, there's really no valid excuse to not listen to this FREE lesson.

I look forward to speaking to you. Just visit the link below to hear the preview lesson...

