
Chris: My name is Chris Attwood. I am the Features Editor for *Healthy, Wealthy nWise*, the magazine that has sponsored this interview with Mr. Bill Harris. Your host tonight is Janet Attwood, the author of *The Passion Test: Discover Your Personal Secrets to Living a Life on Fire*.

Janet is an amazing woman. Her passion and focus is supporting people in every part of the world in knowing their personal greatness. In the past, she was partnered with Mark Victor Hansen of *Chicken Soup for the Soul* and Robert Allen, who is the author of the number one best-selling books *Nothing Down* and *Creating Wealth*.



Together with them, Janet created the *Enlightened Millionaire* program, which today mentors thousands of people in creating wealth that benefits not only themselves, but also their communities and the world. Today Janet is spreading her passions by bringing some of the top leaders and experts in the world in the areas of health, wealth and wisdom, which are the areas covered by this magazine, *Healthy, Wealthy nWise*.

Without further ado, I'd like to turn it over to Janet, who will be introducing our special guest.

Janet: Good evening everyone, and I am so excited about our guest this evening, who has also become a very good friend of mine, Bill Harris, who is President and Director of Centerpointe Research Center and creator of the unique Holosync® audio technology.

I heard many of you say that you didn't know what tonight's talk was going to be about. It will be Bill talking, explaining and sharing with you his knowledge on Holosync audio technology, and you're going to be very excited about it because I am as well.

Let me tell you a little bit about Bill. He has been involved in personal development for over 35 years. He's a seeker, teacher, public speaker, author, musician, composer, therapist, workshop leader and a business owner. He's bigger than life itself. When you meet him, you'll see that I'm not saying enough about this huge, great man.

He's studied and practiced a variety of traditional and modern transformational techniques, and approaches with a really wide variety of teachers. He also has three years of graduate study in music. He studied with the world renowned Czech composer, Thomas Svoboda, and the Spanish composer, Salvador Brotons.

He's also a certified trainer of Neuro Linguistic Programming, and he's trained in Ericksonian hypnosis. He's a one-time student of contemporary psychology, quantum mechanical physics, the evolution of non-linear systems, which is chaos theory to those who don't know, and the effects of a wide range of neuro technologies on human change, evolution and healing.

What I know Bill is known for best is his ability to explain difficult subjects in a way that makes them easy to understand. He started Centerpointe Research Institute in (I almost said 1889) 1989 with borrowed recording equipment, which he set up on his kitchen table.

As of 2004, over 150,000 people in 170 countries on 6 continents have used Centerpointe programs to improve their lives. You're all going to be so excited as Bill will tell you about how Holosync solutions program and the "Life Principles Integration Process" gives you a state of deep rest effortlessly. It creates integrated brain functioning.

It improves your learning ability, your memory, intuition, creativity, and your ability to focus, and it significantly lowers stress levels, so for those of you that have been searching for a personal growth and mind development program that really works, you're going to be very excited in hearing what Bill has to say. Bill, are you with us?

Bill: I am with you.

Janet: Okay, so before I turn it over to you, I just want to tell everyone that Bill has written the first of a series of articles that is up on *Healthy, Wealthy nWise*, called “The Nine Principles for Conscious Living.” Look it up on the website of *Healthy, Wealthy nWise*. It’s over on the right side.

I’ll tell you, I read it today, and it was so deeply profound and I’m very excited to introduce our wonderful, great Bill Harris. Bill.

Bill: Hi, Janet. How are you?

Janet: I’m too excited, Bill.

Bill: You’re too excited. Who is this guy?

Janet: I know! It’s actually true, but I’ll tell you, I’m so excited for everyone to get to see that what I was saying about you being bigger than life is actually very, very true. Let me ask you the first of many questions that I formed in my mind today after I was reading all about your principles and your life.

You created a worldwide organization around this program, called the Holosync Solution, in which participants use your Holosync audio technology to create states of extremely deep meditation, literally without any training at all. Can you tell us what Holosync is and how it works?

Bill: I thought you were going to ask me what I was doing in 1889.

Janet: I know!

Bill: Just in case you wanted to know, I was helping to create the transcontinental railroad over the continental divide, but that was another set of projects, long ago.

Janet: Well, I didn’t know we were going to go back that far, but how about we start with you telling us about Holosync?

Bill: Well, where Holosync came from was back in the 1970’s, there was a lot of research. The TM movement did a lot of this. The Menninger Clinic also did.

A number of other research centers did a lot of research on meditation and what was going on in the brain when people meditated, so it was known what the electrical brain wave patterns were that corresponded to meditative states.

About the same time, but lesser known, a researcher at Mount Sinai Medical Center in New York, a man named Dr. Gerald Oster, published a paper in *Scientific American* that described the process, whereby sound could be used to create these same brain wave patterns in people.

A very precise combination of sign wave tones, he found, could be used to induce any electrical brain wave pattern, including those of meditation, and some other desirable states too.

There were a number of people, I was just one of them, who put these two pieces of information together and said, “Hmm, if these are the brain wave patterns of meditation, and also the brain wave patterns of increased learning ability, increased creativity and other beneficial states - if these are the brain wave patterns, and on the other hand, we’ve got this high tech way that we could induce them, what would happen if we did this? Would we have the same experience as long-term meditators? Would we have the same results? What would happen?”

Janet: What do you say to people who think they need to meditate the traditional way?

Bill: I meditated the traditional way, in a very disciplined way, not just dabbling in it, for 16 years prior to doing this, and I’m a big admirer of traditional meditation. However, I’m an even bigger admirer in results, and I have to say that not only in my own experience, but now in the experience of 160,000 plus people all over the world who have been using this program for the last 15 years, this creates the same results as traditional meditation, but way, way, way, way faster and way, way easier.

I would say that I had more personal growth, more spiritual growth, more change in myself, mentally, emotionally and spiritually, in the first year of doing this than I had had in the previous 16 years combined. I have nothing

against traditional meditation. This just is a much more effective way to do it. It's easier, it's more precise, it creates the results more reliably and more quickly.

As a matter of fact, when I use it, I very often do other spiritual practices along with it, although you certainly don't have to.

Janet: How does it work, Bill?

Bill: It turns out that, well, the specifics of it are that there are two little organelles in the brain called the "olivary nuclei." There is one in each side of the brain, and when you induce or put a sign wave tone of a certain frequency into one ear and another tone into the other ear, of a slightly different frequency, these two parts of the brain, on each side of the brain, do some things in the brain to try to reconcile this tiny difference.

The brain ends up resonating to the difference that these two organs in the brain perceive. It sets up a standing wave in the brain that causes your electrical brain wave patterns to resonate to the brain wave patterns of whatever it is you're trying to induce, in this case, meditation.

At the same time, the other thing that it's doing in achieving that communication between the two sides of the brain, new neural connections are being created between the left and the right hemisphere, which is setting up what scientists call "whole brain functioning," or "whole brain thinking," and the two sides of the brain are coming into synchrony.

In other words, brain synchronization is happening, which is one of the symptoms of deep meditation. When people's brains are not synchronized, when they are lateralized, that means that one hemisphere or the other is more dominant than the other. There are different symptoms of the left hemisphere being more dominant, or the right hemisphere being dominant, but in terms of spiritual development, it really doesn't matter.

Either way, the main symptom is that you see the universe and your relationship to it in terms of separation. You see it in terms of subject-object, in terms of me and other, and the more that the brain synchronizes, the more

the two sides of the brain resonate together and communicate with each other, the more that you begin to perceive how things are connected. Ultimately, if the brain was totally synchronized and you could keep it totally synchronized all the time, you would experience all the multi-dimensional matrix of connections that make all and everything one, big, vast system. That feeling of unity with the universe takes away all of your suffering, all of your fear.

There's nothing to be afraid of if you're everything, because there's nothing outside of you to be afraid of. There's nowhere to go if you're everything because you are everything. There's nowhere to go, nothing to get, no one to be afraid of.

At that point, if you want to play the game of going places, getting things and so on, you certainly can do that and that is in fact, what a lot of people do, but once you know it's a game, you really can't do anything but do it and be happy and peaceful while you're doing it. That's sort of the end result way down the road, but that's what this kind of technology and traditional meditation too, creates in people.

Chris: Bill, is that the reason why you're so much fun to be around then?

Bill: Absolutely! We've had several conversations like this where you guys have told me how wonderful I am, and I want you to write all this stuff down, and I want you to send it to my wife and to my employees.

Chris: We're making notes right now. We'll be sure and do that. If you have hundreds of thousands of people using this technology, what sort of results are they getting? What are they reporting to you? We've seen you, and you certainly are the walking embodiment of it, but what do people tell you that they experience from it?

Bill: Well, that's very nice of you to say. People come to us in different stages of evolution, you might say. Some people come to us and they are suffering from many of the symptoms of feeling this separation I talked about. Some of them are anxious, some of them are depressed, some of them are fearful – all of these so-called “dysfunctional” feelings and behaviors that people go to

therapists for and take personal growth programs to try to deal with and so on.

All of these things begin to be mitigated by doing Holosync, and there's a very interesting reason why that happens, that I'll get to in just a minute. Let me finish this point first. Some people come to us because they're suffering from some sort of dysfunctional emotional problems. This really does take people out of those places.

For instance, when I started doing this myself, despite 16 years of traditional meditation, I was depressed a lot, I was angry almost all the time, and I had quite a bit of anxiety. I would have to say that today, I never, ever, ever get depressed. I can't remember the last time I was depressed, but it was at least 10 or 15 years ago.

I can't say that I never get angry, but I never lose it. I use to just lose my temper, really lose it. I can be annoyed at things that are happening, but I always know that it's a choice to be annoyed and I can stop it whenever I want to, which I certainly couldn't do before.

At any rate, all these dysfunctional - depression and anxiety - it just doesn't happen to me anymore, it's gone. Many, many, many, many people report the same thing to us, so that's one of the things it does.

Some people come to us just because they are explorers and they like to try new things, or they're really interested in meditation and spiritual growth, and they've heard that this is a really, really accelerated way to do that.

So there are a lot of ways to describe what this does for you. One way would be to say that it increases your conscious awareness of who you are and how you're creating your reality.

In fact, my elevator speech that I give to people when somebody says, "Tell me, in 30 seconds, what you do," I would say that I show people how they are currently, unconsciously and unintentionally, for the most part, creating their internal and external reality. They have a certain way of processing their life

internally that is, for the most part, out of their awareness and that's creating how they feel and how they behave.

First, I show them how they're doing that. Then I show them how they can instead consciously and intentionally create exactly the internal states and the external results that they want. I have two tools for doing that. One is Holosync, which just dramatically increases a person's self awareness, so that you begin more and more to be aware of how you're creating what's happening in your life.

A very interesting thing happens as you become more self aware. By self aware, I don't mean cognitively aware. I don't mean that you know about your stuff. Most people listening to this call could write a master's thesis about their stuff, and I know myself, having been in that position, that that doesn't really do very much to get you out of it.

Conscious awareness is the ability to watch yourself as you create it, in the moment, from start to finish, from the witness perspective, where you're standing back and watching it. Holosync, very dramatically, develops the ability to do that. So does traditional meditation, but just much, much more slowly.

The second tool that I use is what I call my "Life Principles Integration Process," in which I pretty much take apart that entire internal process that I was talking about - what I call your "Internal Map of Reality."

We go in and we take that whole process of how you take in whatever is going on around you, and process it in such a way that you end up having a certain internal state, or having some sort of external behavior. It's from those two things that you get your results in life.

This means that as people are using Holosync, and they become more and more self aware of how they're creating things, the Life Principles Integration Process gives them a structure to kind of hang things on. It gives them a structured, organized way to recognize what it is they're becoming more aware of.

I've found that when people have this explanation of what they're doing inside, the basic structure of it. when they become aware of it, then they recognize it better. They go, "Ahhh, okay. Now I get what I'm doing. I can recognize the process that I'm doing inside, because the structure of it has been described to me before."

There are some other things that I do in the life principles of integration process, but I won't go in to that.

Janet: Bill, a question that jumps out at me as you're talking, that I think probably a lot of people have in their minds is: Does this take a long time to achieve? You said you hardly ever wake up anymore, actually you don't; you don't have depression, you don't go through those things you used to go through. Was this something that happened to you very quickly or is it different for everyone? What do you say about that?

Bill: Well, to go through this entire program, this program is divided into different levels. The first level is called "awakening prologue," and takes four to six months. After that, there are 12 more levels, all of which are custom made, where we add silent affirmations chosen by the participant, and recorded in their own voice, to the soundtracks that they listen to when they're meditating.

The Holosync in each level is more and more powerful, which causes things to evolve in a more powerful way in each level, so it's progressive. The first level takes four to six months. The next three levels each take about six months, and then the levels after that, of which there are nine more, can take up to a year each.

To go through the entire program takes probably 10 to 12 years, or eight or nine to 12 years. Some people go through it, I think, a little too fast because they're into earning the badge of getting to the next level, which I think is kind of a mistake. I have to admit I was in a hurry when I was doing it myself, so I understand that point of view.

However, results begin to happen to people pretty quickly. Anybody who is listening and has meditated a lot and knows the feeling of meditating and meditating and meditating, day after day after day, and saying, "Well, I

thought something really big was supposed to happen. When's it going to happen?"

I'm not saying that nothing happens when you meditate every day, but if you read all the books about meditation, but never meditated, the idea you have in your mind of what's supposed to happen is a lot different than what happens when you sit down every day to do it. Don't you think so?

Janet: Yes, absolutely.

Bill: If you just were going by the books, you'd get this impression that you're going to start meditating and all these groovy experiences were going to happen, and the Kundalini was going to come up and the top of your head was going to blow off, and suddenly you were going to have lotus flowers coming out of your butt and all this other stuff, and that isn't really what happens.

I will say though, that people do tend to be much more likely to have traditional mystical experiences when they use Holosync and every time I use another meditation procedure with Holosync, all the stuff that they told me was supposed to happen when I did it, does start to happen. It really does accelerate just about anything you do.

I have to say, also, that this sometimes is a rocky ride. Doing Holosync for a day is very much in its power, like doing a Vipassana retreat constantly.

Janet: Now, for those who aren't familiar with Vipassana, do you want to give them a background so they'll know?

Bill: Buddhists give these Vipassana retreats where people meditate for up to 16, 18 hours a day, watching your breath, and it can be very intense. If you're doing TM, people go to TM rounding courses, where you meditate for about six hours a day.

Lots of stuff comes to the surface when you do this. When you do this kind of thing, all of your unresolved stuff starts to come up, and it can be very intense. For this reason, we provide a lot of follow-up and supportive

education for people as they do this program. We send people a big packet of introductory material that explains all kinds of things about the program and the process and so on.

We also send a series of follow-up support letters every two weeks for the first six months. Periodically, we send out special reports. We have a free email newsletter that we send out once a month, and we also have a telephone support hotline that people can call whenever they want, if they need to talk to somebody about what's happening and what's going on. Most people don't use a lot of this stuff because they don't need it, but some people have a fair amount of upheaval. What we're trying to teach people is how the upheaval is really not necessary, although it is common, it isn't necessary if you know how to deal with it. We do know how to deal with it.

A certain percentage of the people that do the program do take advantage of this support and we help them if they need it through this process. As people are constantly leaving behind the old image of who they are, and evolving into a more evolved, complex, integrated version of who they are, there's a part of us that hangs on to the old self that's dissolving, because we identify with it even though what it really is, is our old map of who we are.

We confuse the map with the territory, so to speak, and we think that that old part of us that is falling away is who we are, instead of saying, "Hey, it's just an old idea I have of myself, and not only is it an old idea and it's not me, it's an old idea that doesn't work very well, and this is a good thing that I'm getting rid of it."

Instead, we cling to it and that clinging is really what causes all of the emotional and spiritual upheaval that a person can experience when they go through an intense meditation. I don't want to overemphasize this, because most people don't have any more upheaval when they do this than they are already creating in their life. Not only that, but the rewards for going through this are so gigantic.

If I had known, when I started doing this, that I really would get to the place, which I certainly didn't believe at the time - if I would have known that I would get to the place where I was happy and peaceful all the time, and could pretty

much create or manifest, or whatever word you want to use, anything I wanted in the world - had I believed that, I would have walked on my knees over hot coals and broken glass for 20 miles to get it.

Luckily, I didn't have to do that, but I was pretty heavy into resisting the change, so I did make it difficult for myself. Hopefully the support that I give people when they do this makes it easier for them, because I didn't have anybody to show me why a lot of the stuff I did to create suffering for myself during the process wasn't necessary.

Janet: In your article that I read today, that's up on *Healthy, Wealthy nWise*, that's for all of the listeners, "The Nine Principles for Conscious Living," you talk a lot about this, and about the letting go process, and the importance of that. One thing you said is that it helps you create and manifest what you want. Can you talk more about that?

Bill: First of all, "The Nine Principles for Conscious Living," originally I wrote this article - I can't remember if it was right before or right after 9/11 - I think it was right before, and then 9/11 happened and we were busy talking about other things in the newsletter for a couple of issues.

Then I took each of these nine principles, which I had summarized in that article, and I wrote a separate article about each one. I think what you guys have posted right now is the main introductory article that describes all nine principles briefly, and then the article about the first principle, which is letting whatever happens be okay, I understand that you guys are going to also continue with the other eight articles about the other eight principles.

Janet: That's exactly it.

Chris: That's exactly it.

Bill: So are you wanting me to talk about this principle of letting whatever happens be okay?

Janet: No, I wanted you to talk more about how it helps you create or manifest your desires. How does this whole process do that?

Bill: In a way, creating whatever you want in life is really, really easy. It's so easy that when you figure it out, it's just funny. You can't help but laugh to think how hard you made it for yourself.

Really, in this universe, the whole key to everything is what you focus your mind on. Whatever you focus your mind on, you're going to create it, and every person who's listening to this, your mind is really good at creating whatever you're focusing on. The problem is not a person's ability to create what they're focusing on. Everybody is already really superbly good at that.

The problem is that almost everyone does their focusing unconsciously and unintentionally. This whole process that I was talking about, this "Internal Map of Reality," is going on unconsciously.

That's one of the reasons why, when you meditate or use something like Holosync that accelerates the meditation process, and also go in and unpack all the parts of this whole processing system that I call your "Internal Map of Reality," when you do that, become more aware of it and start to see how you're currently doing it automatically and unintentionally for the most part, you begin to see how easy it would be for you to do it intentionally and consciously.

The toughest part is gaining the conscious awareness of how you're doing it. That's why meditation is so important because that's where you get that kind of consciousness that allows you to do that. The real trick is just to learn how to focus your mind on what you want. When you do that, it becomes really obvious to you how to get it.

You also develop the motivation to take the actions to get it. You also develop a kind of radar for the people, resources and ideas you need in order to get it. Life, at that point, almost becomes a fill-in-the-blank sort of thing, where you know all the answers to what goes in the blanks.

It's like there's money laying on the ground and you have to pick it up, and that's all you have to do. It doesn't mean you don't have to go through the motions of doing this, and it doesn't mean that you don't come to places

where you think, ‘Hmm, what in the heck do I do now about this?’ But if you focus your mind on figuring out what to do about “this,” whatever “this” is, the answer comes to you.

This Life Principles Integration Process I have has three courses in it. The first one is called “The ‘Internal Map of Reality’ Expander,” and it explains this whole internal processing system people have whereby they create their internal states and their external behaviors. Each one of these is 12 lessons that are anywhere from an hour to an hour and a half long or so. I can tell more about that later.

The second course is more about metaphysics and enlightenment and meditation. My whole tape on what is reality, who are you and how you can figure out who you really are, and a lot of what I’m talking about is based on Buddhism and Vedanta non dual thinking and so on. It’s a very different take on it and explanation of it than most people have heard.

My strength is taking something that is somewhat obscure to people and difficult to understand, and making it understandable. People take these courses and go, “Ohhh. Gee, I’ve been reading about this for 20 years, but I never really got what that actually was about until I took your course. Now it seems really clear to me.”

The third course is about what you’re asking about. It’s about how do you create what you want in the world. That’s what the “Life Principles Integration Process” is, it’s about your “Internal Map of Reality,” the whole metaphysical reality, I guess you could call it, and then the third one is how do you manifest whatever you want in the world, whether it’s money, stuff or something else?

Janet: Earlier tonight, you said that part of your program was giving people individual affirmations. Is that true?

Bill: Yes, starting in the second level of the Holosync Solution Program, the main thing we do is increase the power of Holosync by changing something called “carrier frequency.” Actually, for the people who are members or subscribers, elite, special, golden, wonderful people...

Janet: The elite are the best-in-the-world people of *Healthy, Wealthy nWise*.

Bill: Yes. Those people, at the end of this conversation, we're going to tell them how to get a PDF that's about 50 pages long, that has several articles I've written. One of those articles is called *How the Holosync Technology Works*, and it explains this idea of carrier frequency.

There are other people out there who are selling brain wave- altering tapes, machines and stuff like CD's and so on. One of the things that makes Centerpointe a lot different is this concept of carrier frequency and this article explains how I discovered it, what it is, how it works, and why it makes Holosync progressively more and more and more powerful as you go through these different levels.

The main thing we do when people go from a waking prologue to the first custom-made level, which is called "Awakening Level One," is we lower this carrier frequency to deliver the Holosync and that makes it more powerful.

It's kind of like if you were running mile every day, and you got the point where a mile was really easy, and you said to yourself, "I want to increase the difficulty of my run so I can get in even better shape," so you decide to run two miles. Lowering the carrier frequency is kind of like increasing the mileage if you were running.

At any rate, at the same time, we also custom make the soundtracks. In fact, there are two things we do at that point besides lower the carrier frequency. One is, we record the soundtracks at that point using really amazing 3-D recording process called "Virtual Audio," that makes the sound three dimensional.

When you listen to music or anything on headphones, it sounds like it's happening inside your head. You may have never noticed that, but if you listen to anything on headphones, it sounds like it's happening inside your head. When we record it in Virtual Audio, it sounds like it's outside of you, like real life is.

When you're listening to whatever is going on in the room where you're sitting, it's all happening out around you. When we record this stuff in Virtual Audio, even though it's on headphones, it sounds like it's happening outside of you. It's pretty amazing. It lowers the stress level on your nervous system of listening to anything, but that's a long story. It's really cool.

What we do at that point, when you order "Awakening Level One," we send a packet out that give you pages and pages and pages of different sample affirmations. You can make up your own, we just do it to give people ideas, on all kinds of different subjects, including a lot of spiritual subjects.

Then people create a list of affirmations they want to use, and they call our telephone affirmation recording line and record these over the phone. They can record five minutes of it. We loop it to make a 30-minute recording and then we combine that with the rest of the stuff.

Each of the CD's that you get for "Awakening Level One" in addition to the Holosync and other stuff that's on it, the Virtual Audio technology, it has these affirmations on it too, except that they are silent.

We found some research that showed how researchers were communicating with profoundly deaf people using ultra-high frequency sound, so we have mimicked that approach to take these affirmations. They aren't subliminal. They're actually louder than anything else on the soundtrack, but they're at frequencies that are too high for you to consciously hear them.

They're in this range, where these scientists found, were actually getting through to the brain and the brain was able to demodulate this signal and decode it. All the time, you're in a very suggestible state induced by Holosync. You're also talking to yourself in a very, very positive way.

The affirmations, as cool as that whole idea is, the affirmations are a relatively minor part of it. The main heavy lifting is done by Holosync, which is synchronizing the brain, taking you into this super deep states of meditation, that ordinarily would take you a couple of decades, at least, to learn how to create. That's the main thing that's going on.

The affirmations are really coming from the fact that I thought, ‘Gee, we’re in this super suggestible state, and we spend a lot of time talking to ourselves otherwise, in not so positive ways, wouldn’t it be great if while we’re in this suggestible state, we could use that time to effortlessly talk to ourselves in a really positive way?’

Janet: Today I was listening to the first 30 minutes of your program, as you suggested, [inaudible], and when it was over, I was aware that I was so deep. See, I’ve been meditating for over 30 years, and I was so deep that it was actually very interesting. When it was over, it wasn’t over. I was still so deep, as if I was in the deepest meditation I’d been in, in so long.

Bill: It’s pretty amazing, isn’t it, that you can listen to a CD and it alters your state so profoundly?

Janet: Yes, well I didn’t feel any shift. I felt very rested, extremely rested just listening to it because it was just sound, this beautiful sound. I felt so completely silent inside, but what was so interesting was it didn’t leave when it was over, and that was very surprising to me. I was in this very, very, very deep, relaxed state. It was very peaceful and beautiful.

The reason I asked you about these affirmations is because I thought that was an interesting part of your program, even though it’s one of your smaller parts, as I hear you say. I see this whole program gets rid of “Groundhog Day.” I always say that my life is Groundhog Day because I’m constantly repeating, repeating, repeating, and I’ve come to understand it’s that internal dialogue that is so deep - those things I’m focusing on that aren’t supporting me.

Bill: It’s not just internal dialogue, but that’s certainly part of it, and that may be the part of it you’re more aware of. This Internal Map of Reality that I was talking about - it is the entire process of how you focus your mind.

Since how you focus your mind creates your life, whatever you’re experiencing that you’re calling Groundhog Day, the amount of stuff you’re experiencing in your life that is stuff you keep doing that you don’t want to do,

that is due to something you're focusing on, unintentionally and outside your awareness, that is causing that to be created in your life.

As you become more and more consciously aware, you'll see how you're creating it, and as soon as you see how you're creating it, you'll stop doing it. One of those nine principles, and I forget which one it is now, six, seven or eight, (I think it's six) is that you can only create something that does not serve you that's not resourceful for you, if you do it unconsciously.

You cannot create, with conscious awareness, something that's harmful to you. As soon as you really get consciously aware of something that you're creating, that doesn't serve you, it falls away. You just can't do it anymore, which is a pretty neat deal.

That's why people who have really devoted their lives to meditation or have done it the easier way, where they don't have to devote their whole life to it because they've done Holosync, they don't seem to get caught up in all that stuff very often, if at all, because they're so consciously aware of what's going on.

Janet: Do people actually get enlightened? They talk a lot about meditation bringing one to enlightenment, so would you say that Holosync does that and has there been any research done on that?

Bill: The problem is that I don't know if there's any real agreement of what enlightenment really is or what it really means. In fact, in the West, I would say that there's so much misinformation, not only about enlightenment, but about meditation and all kinds of other spiritual topics, that a lot of times if I say something about this, I get angry letters from people who believe something else. I'm not saying that I'm the final authority on all this stuff.

The stuff I say didn't come out of a book. The stuff I'm telling people is something that came out of my experience, and I also happen to know that any time I talk to anybody else who's been through the same process I have been through, and it didn't have to be with Holosync, they'll agree with me that this is the way it is.

So many people in the United States, and in the West in general, are very well educated about spiritual matters, but it's mostly second hand, it's out of books. That's fine, and I did the same thing - read all these books - and then when I had the experiences and the transformation myself, I said to myself, "Hmm, so that's what they were talking about."

You can't really capture this in writing, and now that it's happening to me, I can see what they were talking about, but I never would have imagined it would have been like this. With that preface, I do think that someone can become enlightened using Holosync.

Janet: Then we'll all be like you, Bill?

Bill: I hope not! That would be pretty boring. A lot of people come to us with this idea: "Okay, fix me. Change me." I understand that a lot of people have done a lot of things that haven't worked.

In a way, when you go to someone, whether it's me, a Buddhist teacher, or any spiritual or personal growth teacher, what you're saying by going to them is, "I have a problem. I am at the effect of causes, over which I have no control." Actually, that isn't true.

It's just that, as long as you're unconscious of the control mechanism which is inside you, it will seem like whatever is happening to you is just happening as a result of your environment. It's really not true that people are at the effect end of the cause and effect spectrum. That's what people are saying when they come to me and say, "Will Holosync change me?"

Really, the only thing that will change you is you, and I would even go further to say that in one sense, there's nothing to change. If you went to a Zen Buddhist teacher, he would at first discourage you from even becoming a student. He would say, "Actually, there's nothing here. I'm not teaching anything."

You'd say, "Well, what are all these guys who are living around you and what's going on here?"

“Oh, well, you know, they like to meditate and they just hang around here, but we’re not taking any new students and there’s really nothing here for you.” They make you go through this process for a while. You think it’s to convince them you’re sincere and you really want to do this, but that really isn’t it at all.

What the Buddhist teacher is doing is getting you to really, really, firmly say, “I have a problem,” which makes it really hard for you to leave later when the going gets tough. Then, what the teacher says to you is, “Okay, now you’re here. I want to ask you a question. Who are you, really? Show me your true self.”

In one way or another, he asks this question. It can take many forms. It can take the form of telling you that all suffering is caused by desire. “I want you to go off in the corner and learn how to not desire anything.” Then you come back to him a couple months later and he says, “How’s it going?”

You say, “Well, I’ve gotten rid of some of my desires, but I’m finding this is pretty hard to do.”

He says, “Well, go work on it some more.” He’ll keep you doing that as long as he possibly can. Really, what happens is you can’t do that. You can’t get rid of all your desires and you can’t show him the real you that isn’t the you of your roles, that isn’t the you of your ideas about yourself.

However, it isn’t that you can’t show him that or get rid of the desires, it isn’t that you can’t do that because it’s not doable. It’s that you can’t do that because there’s actually no you to do it. There’s no you to show to him. That’s the big joke, is that the you you think you are, that’s the source of all this problem, doesn’t really exist. It’s a figment of your imagination.

What most people are doing is confusing a conceptualization of themselves, an idea of themselves, the symbols they have associated with themselves, for who they really are. In one sense, being enlightened is ceasing to identify with the map you’ve created of who you are and how you relate to the rest of the universe, and realizing that the map is not the territory.

In fact, that's one of those nine principles, "The map is not the territory." Your symbols of who you are, your concept of who you are, is not who you are, and once you strip all that away, you find that they only you that's left is the entire universe. It's everything.

To the extent that Holosync increases your conscious awareness to the point where you begin to see that, even though it's hard to talk about this because I just said "you" see that, when really there's no you to see it. Seeing happens, but there's no you there to see it, there's just seeing. There's no you to do the seeing and there never was.

To try to talk about this, my whole second course is about this topic, and I do my best to talk about the unspeakable, because you can't describe this in dualistic language. You can only tap dance around it. I think I actually do a fairly decent job of getting across to people what this is about. Ultimately, you have to go and find it for yourself.

Alan Watts gives a very interesting metaphor about this. He says that you go to the Zen Buddhist master and he's trying to convince you that there is no separate self. You can't just tell that to somebody. It's kind of like going to somebody who believes that the earth is flat, and telling them, "No, no, it isn't. It's round," because they won't believe you.

So instead, you put them in a double bind where they have to find it out for themselves. To the guy who's wanting to maintain that the world is flat, you say, "Let's go look over the edge. Wouldn't that be fun?" In a very disciplined way, you go due West on a certain line of latitude, and when you get back to the place where you started, he at least has to admit that the world is cylindrical.

Then I suppose you'd have to go the other way to have him finally admit that it was round. You're causing him to take his premise to its logical conclusion until he has to realize it's absurd. That's what the spiritual teacher is doing to you when he says, "Show me your true self." He's putting you in the same position of looking for the edge of the earth. It isn't there.

In a very disciplined way, a Zen Buddhist teacher, a Hindu teacher, or a Sufi teacher, or whoever it is, would take you through a series of very disciplined processes, so that when you finally have looked everywhere that you could possibly look and you can't find it, you have to admit that it doesn't exist.

Once you really have that realization that the you you thought you were doesn't exist, something really amazing happens, and you suddenly realize that you really are, experientially at unity with everything else.

There are two ways that people experience that. One way would be that they feel that when they move, the entire universe moves with them. It's like their movements are causing the whole universe to move.

The other one is the other side of that same coin, which is as the universe moves, it moves them. Both of those are really the same experience, but different sides of the same coin. We've gone way afield here, into metaphysical land, and I don't know if that's what you wanted to do or not.

Janet: I love that you did that, and I'd like to get you back to your mountain in scientific research. Can you talk about that?

Bill: A mountain of scientific research. Well, there certainly is a lot of research about what the brain wave patterns are of meditation. There is a ton of research about that. There are piles and piles of stuff the TM movement is done on it and a number of other researchers too.

In fact, one of the articles that is in that PDF for your elite members is a summary of scientific research relating to Holosync and other similar neurotechnologies. There is a fairly large body of research about different brain wave patterns and how they relate to meditation, and some other beneficial states too, like creativity and learning and so on.

Then there's incontrovertible evidence that this type of technology we use can indeed induce these various brainwave patterns. There is some research on different hormones and neurochemicals that are created when people are in different brain wave patterns.

There is research on brain synchronization and its effects on learning; integrative experiences, which would be an experience where someone has a big “ah ha,” where they suddenly see themselves in a new way, which is of course what spiritual and personal growth and evolution is usually about and how it relates to increased mental functioning and all kinds of things like that. That article gives a summary of a whole lot of that research. What I’d really like to explain to you now is something that I usually would explain much earlier on, but we have been doing this stream of conscious.

One of the things I mentioned earlier was that when you use Holosync, all kinds of dysfunctional feelings and behaviors fall away, things like depression, anger, sadness, anxiety, substance abuse, overeating - all kinds of things like that begin to fall away.

As I watched all the people who were in the program in the early years, having these changes which I had had also, I began to wonder what exactly was going on. After a while, I began to believe that the current view of where dysfunctional feelings and behaviors came from was not accurate. I began to develop a different model for where they came from.

Actually, this is described in the article of the nine principles too, in the second principle, which is the principle of threshold. The common view is that if you’re really angry, sad, or depressed, or whatever it is, that you’ve got this anger in you and you’ve got to get it out.

There are all of these emotive therapies and all these ways to get this stuff out of you, as if it was some sort of garbage that was literally in you and you had to get it out, and once you got rid of it, then you’d be okay.

If people go and do something like primal scream therapy, they feel great for six months, and then some of that stuff begins to creep back in and pretty soon they feel just as lousy as they did to begin with. Getting it out often does not really create any real, long term change, and some people are in therapy for decades and still aren’t really much different.

I was noticing that people who did Holosync were having real permanent and really profound changes in these areas. I began to believe that this idea that

there was all this stuff in you and you had to get it out was not really a very descriptive or accurate model.

Here is what I think is going on. I think that everyone has a threshold for how much they can deal with, coming at them from their environment, and if that threshold is exceeded, you begin to feel stressed and you begin to try to cope with that stress. All of these dysfunctional feelings and behaviors I've mentioned are all ways that people try to cope with being pushed over that threshold.

Anger, sadness, depression, overeating, drug taking - these are all symptoms of being over your threshold. Some people have a very high threshold and some people have a much lower threshold. The reason that someone would have a low threshold is that they have had significant, negative emotional experiences.

In other words, they've been traumatized in some way, and when that happens, that threshold does not mature in the normal way, and it ends up being really low. Those people are very often pushed over that threshold and sometimes are almost constantly over it, because of input from their environment that a "normal" person, or the person with the "normal" threshold, takes for granted, and has no problem with.

The person with the really low threshold can have someone look at them funny or they hear too much noise, it's too bright, too hot, or they lose something that really isn't that important, but it really bothers them that it's lost - their threshold is so low that all kinds of things push them over it all the time, so they're very often experiencing these dysfunctional feelings and behaviors.

Once I had that insight, I said to myself, "It seems to me that the root cause of all of these things that people suffer from is a threshold that's too low to handle the environment they're in." That means that the cure for this is to raise the threshold, and it just turns out that meditation, and in particular, Holosync meditation, raises that threshold.

Other things raise it too. Therapy can raise it and other personal growth processes can raise it, but I've never seen anything that can raise it as

powerfully and quickly as Holosync does. As people use this program, one of the things that happens is that their threshold for what they can handle goes higher and higher and higher and higher, and pretty soon, things that bothered them before don't bother them anymore.

Now, if they had enough coming at them, it still could push them over their threshold, but as it goes higher and higher and higher, the amount that it takes to push you over your threshold gets to be greater and greater and greater.

This is why it doesn't happen very often that anything bothers me, because my threshold is really, really high, from many years of traditional meditation and many years of Holosync meditation.

As this happens, all these dysfunctional feelings and behaviors fall away, because if your threshold is super high, nothing ever pushes you to the point where you might have to try to cope with it. At a certain point, something switches and even if you were pushed over it, you are conscious enough to be able to see what's going on that you don't need to do these unconscious, dysfunctional coping mechanisms.

Remember, I said that the key to everything is what you focus your mind on. When life isn't working in some way, or you're feeling bad on some way, there is something that you're doing with your focus, and that something is very obvious, really.

You're focusing on what you don't want. If you focus, unconsciously and unintentionally, (probably) on what you do not want, you immediately feel bad and in fact, all bad feelings come from focusing on what you don't want.

The second thing that happens is that unless you counteract it with focusing on what you do want in equal amount, focusing on what you don't want, invites it into your life. Some way you create it in your life.

Janet: Bill, can you back and up and say that last thing? That was very profound.

Bill: All bad feelings and really, anything that happens in your life that you don't want can be traced back to focusing on what you don't want. People aren't

doing this on purpose. Earlier, I said that people focus, unconsciously and unintentionally. People's Internal Map of Reality, in almost all people, is running on auto pilot.

If, when you grew up, you had really wonderful parents, a great environment, good mentors and all this kind of stuff, you might have an Internal Map of Reality that's pretty functional and quite often, you get a lot of results and feel a lot of internal states that you like.

Or you might have had a lot of trauma and crappy things happen to you, and your Internal Map of Reality is not very functional and it creates a lot of what you don't want, internally and externally. Even if you're getting a lot of what you want, it's sort of the luck of the draw if you're doing it unconsciously.

You're going to be somewhere along that spectrum, where you're unconsciously creating some amount of what you want, some amount of what you don't want - hopefully more of what you want than what you don't want.

The next step in the evolutionary process is to get to the place where you're consciously creating what you want, not accidentally creating it just because you happen to end up, as you grew up, with a fairly resourceful Internal Map of Reality.

What I'm saying is that when you focus on what you don't want, which you would only be doing unconsciously, no one would consciously do something that was that unresourceful, but believe me, lots and lots of people do this and some people do it almost constantly - when you focus on what you don't want, you instantly feel bad and all bad feelings are caused by your focusing on what you don't want, unconsciously.

The other thing is that because whatever you focus on, your brain figures out a way to make it come true, when you focus on what you don't want, you also create it in one way or another. You attract it to yourself and figure out a way to make it come true.

You might be focusing a certain amount of time on what you do want in the same area, and you might kind of offset it to some degree. Sometimes people

focus on what they don't want and they feel bad, but they don't create it that strongly, because they're spending a certain amount of time counteracting it by focusing on what they do want.

The point that I started to make a while back, was that – you remember I mentioned that the environment can push a person over their threshold, and when they do that, they begin to exhibit these dysfunctional feelings and behaviors.

The main thing that happens when you get pushed over your threshold by life is that you feel this strong pull to focus on what you don't want. The reason people focus on what they don't want is because they develop some sort of generalization, based on experiences they've had, that there is danger in the world and I've got to watch out for it.

To watch out for it, you've got to focus on it, and then when you focus on it, you feel bad and you tend to get it. Then you say, "I was focusing on this to avoid it. I must not have focused hard enough because here I've got it."

Then you redouble your efforts and focus even harder on avoiding what you don't want, and then you get more of it. Some people are caught in this loop where they keep doing that and doing that and doing that, and they come to Centerpointe and say, "Nothing I do works. I've done every personal growth program in the universe and none of them work."

Well, all personal growth programs, if you really stop to think about it, are really ways to get you to focus on what you want. Every personal growth process you've ever done involves, in some way, you focusing on what you want. As soon as you focus on what you want, your brain starts figuring out how to get it and you feel good.

The thing is that people who are really, strongly caught in this idea that there's danger out there and I have to watch out for it, they can sit there in a seminar and do the process that the leader is leading them through, and say the affirmation or do the visualization, but all the time they're doing it, at the same time, they're focusing on what they don't want.

They're saying to themselves, "I don't want to do this wrong. I don't want to make a mistake. I wonder if this will work? When I get back, I've almost lost all my money, I wonder if I'm going to lose the..." All this stuff is going on, and all these negative pictures of what they don't want are going by.

On the surface, consciously, they're doing the process, but with the other 98% of their brain, they're still doing what they do all the time, which is focusing on what they don't want. No wonder it doesn't work.

Janet: It's self-sabotage, big time.

Bill: Right, so the main thing I'm trying to teach people is the key to everything in this universe is what you focus on, and you're doing your focusing unconsciously and automatically. I want to teach you how to do it consciously. Part of that has to do with Holosync which creates the conscious awareness that allows you to see it.

The other part is to unpack the process by which you do that focusing so you can see the mechanism by which you do it. It works really well. People have real, revelatory insights about who they are, how they're creating all the crap in their life, and how they can create what they want instead.

Chris: Bill, one of things you said about focusing on what you don't want is generally subconscious or unconscious.

Bill: Right.

Chris: Would you say that one of the reasons why Holosync is so effective is that it's not dealing with the conscious level. It's actually dealing at a much deeper level, so you can effect those things which are below the conscious, thinking level of the mind?

Bill: That's true. It's creating increased conscious awareness so that what was unconscious becomes more and more conscious. It's like you start off with (I don't know the exact percentages) 5% of your mind being conscious and 95% unconscious, and as you go through this kind of awakening process, more and more becomes conscious and less and less is unconscious.

You get to the point where you really are aware, moment by moment, of the entire process, structure and content of your thinking and how it is operating to create your reality. There is a part of every person that knows how to be aware of all this stuff, simultaneously, in a very multi-dimensional way, and deal with it.

Once you get in touch with this, you really do, moment by moment, know exactly what's going on with you and with everybody else, and exactly what to do next. Ironically, at the same time, you realize that what you do next doesn't matter anyway. It's the game you're playing, so you do it anyway.

This part of you is the same part of you that grows your hair, beats your heart, and has your cells divide. If you just lift your arm over your head, you've used hundreds of muscles in a very intricate and complex way. If you try to explain it, it would take you hours to explain it and then you would really just be explaining a skeleton of what really happened. You know how to do it.

There's a part of you that already knows how to handle really complex, multi-dimensional things. It's just that once you become conscious of this Internal Map of Reality stuff, a whole other universe of stuff that is also of the same nature, it's complex, multi-dimensional, you can handle that stuff in the moment. It's called cosmic consciousness. It makes everything really effortless. You know what to do and you know how to do it.

Janet: Bill, what I've been profoundly impressed by is something you were talking about earlier, is that this whole experience can sometimes be very intense. I've been impressed by your company and how much constant follow up and support you give to each person.

I happen to know because I'm constantly getting, every week, something in the mail, more knowledge from you, more tapes, and it's ongoing. I like to remember that Jack Canfield was telling me a story and actually a lot of us were together a couple months ago, and Jack was telling everyone about you and how you had to be the most dedicated person he's ever seen.

He asked you, "Where were you on Thanksgiving?" Your answer was that you were personally answering everyone's emails. I just want to say that I've been completely affected by how you sincerely walk your talk and are really

there for people in your program, and it really shows up by the thousands and thousands and thousands of people that [inaudible] in what you do.

Bill: When I first started this program, I wasn't really intending to start a business. Centerpointe has become a really big business. I heard today that there are 191 countries that belong to the U.N., and we have people in 172 countries, so I'm wondering what's wrong with the people in the other 19 countries that somebody in those countries hasn't joined this program.

Anyway, I never, in a million years, imagined that it would become this big. I did this myself with a group of friends for about four plus years, and it changed me so much from being unhappy, depressed, angry, no relationships, no career, nothing that worked, and I was really in pretty bad shape when I started doing this.

It changed me so much after four years, that somebody who was doing this with me said, "You should create a structured way to do this and make it available to people." At the time, I was making \$30,000 a year and I thought, 'Wouldn't it be cool if I could make an additional \$30,000 a year?' I wasn't thinking at all about starting a business.

Here's what I'm getting at. What I was thinking about was - you know that feeling you get when you read a really good book and you want to tell everybody about it, or you go to a really cool movie and you start going around to everybody saying, "You've got to see this movie." That's the way I felt about Holosync.

I felt like this is so cool, you've got to do this. That was my enthusiasm, and I was starting this program more from that perspective. My vision couldn't reach far enough to think that it could be some really big thing, like it's become. When I started it, what was really important to me was that people get all the benefits.

It's like I really want to make sure that if you go to this movie, you stay to the end. I'm trying to make the analogy work. When I started the program and started to get people into it, after two weeks, I sat down and wrote the first support letter and mailed it out to all 10, 15 or 20 or however many people it was in the program at that time.

Then two weeks later, I wrote another one, and gradually this body of information grew, but it grew out of me thinking that it's really important that people understand what's happening to them, why it's happening, and what to do about it.

Of course, I know a lot more about what to do about it and why it's happening now than I did then, and the material has been revised many times as I have had more insights about this stuff myself.

You're right, I am very committed to people getting all the benefits that this program can provide. It's not up to me that people get these benefits, because I'm not in control of whether people use it or if they really take personal responsibility for the main premise of all this stuff I've been saying.

Even though you may not see how you're doing it, you really are creating your reality. There's something going on inside of you that may be unconscious now, but even though it's unconscious, it's you that's creating how you feel and what's going on in your life.

Once you get conscious of that, you can create it any way you want. That really is true. Everybody who's on this call probably has read a dozen books that have told them that. I've read lots of them myself. I used to read those books and think, 'Okay, so where is it? If that's so true, where is it?'

I can tell you that it is true and it is there and you can do it. There is a price to pay to get to the point where you can do it, but the price isn't that difficult to pay and I'd like to think that I make it pretty pleasurable and easy to pay the price, compared to the way you'd have to pay the price 100, 200 or 1,000 years ago using traditional means.

Janet: I want you to tell everyone how they can get involved in your wonderful program and find out more about it.

Bill: Oh, we're not letting anybody else in at this point.

Janet: There are too many people, right? [Laughter]

Bill: No, I'm kidding.

Janet: How many enlightened people can we have on this planet?

Bill: Well, hopefully a lot of them. I hope I can remember now how we planned this out. We've got two things that we're offering to people. One of them is the offer for the elite members, right?

Janet: That's right.

Bill: Help me out, Chris.

Chris: For those of you who are on the phone who are already elite members of *Healthy, Wealthy nWise* "Passions" Series, Bill has made a wonderful report available to you, which he mentioned tonight. To receive that report, all you need to do is go to the Elite Interview Archives on the site and log in.

Any of you who are not yet subscribers, you can receive a recording of this interview and a transcript, as well as upcoming interviews with people like Dr. John Gray, Rabbi Yehuda Berg of the Kabbalah Center, Neale Donald Walsh, and many others, simply by going to www.HealthyWealthynWise.com and clicking on Step Three, which says, "Upgrade your subscription."

When you subscribe, you'll also receive this report that Bill has provided to subscribers. Bill, I think you had something very special for everyone who is listening on the phone call?

Bill: Yes. If people listening are interested in joining Holosync Solution Program, the initial level of the program is called "Awakening Prologue," and it includes several Holosync soundtracks that allow you to actually do the daily meditation. Then there are several free bonus soundtracks that you get also.

There's a soundtrack called "Quietude," that puts you into an alpha brain wave pattern, which is the brain wave pattern of accelerated learning, focus and concentration. If you read something or study something and do that

while you're listening to "Quietude," it puts you right in that really focused flow state.

Everybody has had the experience where you're reading something and get to the bottom of the page and realize that your eyes went over all the words, but you have no idea what you read. Everybody has had that experience. When you read something while you're listening to "Quietude" and you're in that alpha state, it sucks you right into the material and you get so focused on it. That's one of the extra, free bonuses that we include with "Awakening Prologue."

A second one is called "Oasis," which puts you into a theta brain wave pattern, which is a brain wave pattern of enhanced creativity. It's also a brain wave pattern where people have integrative experiences and sometimes experience hypnagogic/mystical, visionary kinds of things. That soundtrack is also free.

There's another surprise soundtrack that we send people about two weeks into the program, that I'll let be a mystery. You also get all the follow up and support that I mentioned - the telephone hotline, the series of follow up support letters, and there are several special reports that we send out from time to time.

Then there's a big package of introductory material about the program that also comes with it. You can also go to our website as part of this and sign up for "Mind Chatter," which is our monthly email newsletter.

Finally, what I'm going to do, extra, for people on this call, is everyone who goes to this URL will also get a free copy of my book, *Thresholds of the Mind*, and also a five-CD set of my talks at a week-long Centerpointe retreat. Those are actually pretty cool, and I think everybody will really enjoy that.

"Awakening Prologue" is \$159 plus \$9 shipping. Shipping outside the U.S. and Canada is \$34, but you can find all that out and learn much, much more about this by going to www.HealthyWealthynWise.com/harris.asp.

If you go to that link, the computer will know that you came from this call and then you'll be sure to get all those free bonuses, including the five-CD set that

I mentioned with the retreat talks, and the free copy of my book, *Thresholds of the Mind*.

Chris: Wonderful.

Bill: One thing we didn't mention is that "Awakening Prologue" has a one-year money-back guarantee, so there's no risk to anybody to get involved in this. You can use this for up to a year, and if you don't think it's exactly what I've described, then you can send it back and get all of your money back and keep all the free bonuses and go on with your miserable, wretched life!

Janet and Chris: [Laughter]

Janet: Bill, that was so generous of you!

Chris: That's amazing. I haven't heard of very many one-year guarantees.

Bill: It's easy to give a one-year money-back guarantee for this because it works so well. It's really rare that anybody sends it back for a refund, despite the long guarantee.

Janet: Bill, is there anything that we didn't cover tonight? We have a few more minutes if you'd like to share any ideas or thoughts that you'd like to leave the listeners.

Bill: There are tons of things we didn't cover. I don't know that we have time to dive into anything new. I would say that I really do believe that it is possible for any person, regardless of their present or past condition, it's possible for any person to be happy, peaceful and successful in the world all the time.

The way to do that though, is to have enough control over your mind that you can focus on what you want to happen in your life. That process involves taking your focuser from being on auto pilot and having it be conscious and intentional. That is not a switch you can flip really easily. I wish it was.

I'm not saying we have the only tools that help people do this, but we have really powerful tools that help people do that. I am very committed to making

sure that people get everything we tell them they're going to get in this program. I didn't really talk much about the "Life Principles Integration Process," and how you can get involved in that.

When people get involved in the Holosync Solution, we send them information about this online course, these three courses of 12 lessons each. "Life Principles Integration Process" courses are really amazing and there is a free introductory lesson that people can listen to just to see what it's like. We send people information about that when they join the Holosync Solution. That would be the way to find out more about that.

I really appreciate people being willing to listen to me go on and on for an hour and a half, and maybe we can do this again sometime and talk about more.

Janet: Well, we'll love having you on again soon, and we just want to thank you so much. Everything you had to share tonight was extremely profound and I am looking forward to diving deeper with your programs.

Chris: We might want to let everyone know the Bill Harris will be on the cover of Healthy, Wealthy nWise in the June issue next year, so we will have Bill back, not only to talk about his work, but also to talk about his Passions in April, I believe. I know all of us are going to be looking forward to that interview.

Bill: If anybody listening to this is in the New York area, I am speaking at the U.N. on November 4th, and that, I believe, is closed to the public because you need security clearance and all this stuff to get in, but I am going to have an event that evening somewhere in Manhattan for all Centerpointe people plus anybody they want to bring.

Anybody that doesn't know anybody at Centerpointe who wants to come can come too. If you're not a Centerpointe person and for some strange reason, you're not planning on becoming one because of this call, you could call our office and find out about this event in New York. We're just going to charge \$10 to get in so we can pay for the room.

To find out about that, you can call 1-800-945-2741, or just go to the website through the link I gave you and you'll see all of our contact information there.

Janet: Thank you so much, Bill, for being with us. I hope you have a great night.

Bill: You bet. My pleasure. I will.

Janet: Good night, everyone.