

The Holosync Solution™

AN INTRODUCTION

by Bill Harris, Director
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what we call the beginning
is often the end,
and to make an end is to
make a beginning.
the end is where we
start from.
the end of all our exploring
will be to arrive
where we start
and know the place
for the first time.
t.s. elliot

I would like to begin our journey together by acknowledging and applauding your search for personal and spiritual improvement and growth. My personal belief is that it is possible for anyone to live a life of happiness, inner peace, and outward success, no matter what their present or past circumstances. What is more, there are very real methods anyone can use to achieve these things—if they are willing to make the necessary changes in how they see themselves and their relationship to the rest of the world, and take the necessary actions.

Because a sound technology that creates the same patterns in the brain as deep meditation is a major tool in [The Holosync Solution](#), let's begin by examining the philosophical roots of meditation. People of all religions and philosophical points of view have practiced prayer and meditation, in one form or another, for thousands of years. Perhaps in this ancient wisdom there is something we can use to guide us, even today.

All traditions of meditation flow from one premise: that the entire universe is made of one all-encompassing energy, intelligent and aware, existing forever as the source of everything. Because there is nothing outside of it, say the mystics, because of its completeness, this energy has nothing to get or need, nothing to fear. Simply because it is its nature to do so, this one energy continually spins itself out as the entire, infinite universe. The very nature of this energy, it is said, is contentment, love, peace, happiness, and perfection.

The totality of this energy, say the mystics, is who you really are; your seeming separateness, an illusion. Saints and sages have for centuries attempted to describe to humankind a state of awareness where this feeling of oneness with everything in the universe is the predominant

experience. For thousands of years, curious seekers have responded to these explanations by asking "If I am this one, infinite energy, the beginningless and endless totality of everything, if I really am Love itself, then why do I feel so bad? Why do I have so many problems? Why don't I feel the peace and happiness you say is my true nature?" And the mystic invariably would answer, "You do not experience your true nature because of your mind. Your mind keeps you from the experience of what truly is."

We, of course, know today that this is true—the mind does indeed act as a filter, coloring our view of reality just as colored glasses give an illusory tint to what we see. As we grow up, our brain is programmed that some things cause pain and should be avoided, while others bring pleasure and should be sought. Unfortunately, many of these early associations are true only in our limited family situations. Expressing certain feelings may bring us pain in our family circle, but out in the rest of the world, the inability to express feelings is in most cases severely limiting. Since our brains tend to focus on only one thing at a time, we tend to only see those situations and draw into our lives those people who confirm the illusion that it is unsafe to openly express our feelings. Our brain will always filter reality so as to confirm that its predominant beliefs and associations are the truth. No wonder we don't see the universe of love and harmony described by saints and mystics!

Mystical explanations of the origin of the universe shed further light on this problem. These explanations state that the one energy of reality, at the moment of creation, polarized itself into a seeming duality—good and evil, male and female, up and down, here and there and all other pairs of seeming opposites. This duality, however, is more apparent than real. In each pair of opposites, each part is dependent on the other for its existence, like two sides of the same coin. "Cold" is meaningless without "hot"; "good" makes no sense without "bad". According to the mystical philosophies of the East, it is the tension between these pairs of opposites, in your mind, that actually causes the universe to manifest.

This tension between opposites is also reflected in the human brain. The brain, divided into two hemispheres, right and left, has the same dual structure—made more acute by the fact that in virtually all people the two hemispheres are unbalanced, a state called brain lateralization. Since the brain filters our reality in this split-brain way, we tend to see things in terms of duality rather than the oneness spoken of by mystics. If the brain could somehow learn to operate in a

more coherent, holistic manner, if the two sides of the brain could somehow balance, interact more, and function as one, then possibly our experience of reality would be different.

Our childhood associations and programming may tell us what to seek or avoid in order to gain pleasure or avoid pain, but at an even deeper level the dual structure of our brain tells us that we are part of a world of separation, that we are somehow separate from and in opposition to the rest of the world. The more lateralization in the brain (in other words, the more tension between polar opposites) the more feelings of separation, fear, anxiety, and isolation. In fact, as we shall see, only a lateralized brain can continue to entertain the types of beliefs that result in dysfunctional and addictive behaviors and the painful feelings that accompany them.

Modern brain research indicates that long-term meditation does in fact balance the brain, creating a synchrony between the two hemispheres. Many researchers have studied this phenomenon over the last twenty years. One such researcher, Dr. Charles Stroebe, Ph.D., M.D., director of the Institute for Advanced Studies in Behavioral Medicine, performed a series of experiments on meditators during the 1970s. He discovered that electrical brain wave patterns of meditators changed, in periods of deep meditation, to a single, coherent pattern, indicating that both sides of the brain — ordinarily out of phase — were working together in a balanced, synchronous manner. While in the vast majority of people one hemisphere or the other is alternately dominant over the other, depending upon the task being performed, advanced meditators seemed to develop the ability to use their whole brain and to live in a more balanced state characterized by brain synchronization and whole brain functioning.

This and other research has demonstrated that this balancing, or synchronization, of the hemispheres of the brain happens in all forms of meditation. The degree of hemispheric synchronization can be very precisely determined by measuring the meditator's brain wave patterns with an electroencephalograph (EEG) machine.

When the brain is very lateralized (one hemisphere being very dominant over the other), the brain waves are in what is called the beta range.

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This is the brain wave function of normal waking consciousness characterized by external attention. At the extremes of the beta range one feels stressed-out, uncomfortable, and (literally) out of sync. Dysfunctional and addictive behaviors, neurosis, and feelings of separation—in other words, all the extremes of duality — are common experiences when the brain is in the extremes of the beta range.

If the brain begins to synchronize, if the two sides of the brain begin to communicate more, these experiences begin to dissipate and the brain finally moves into an alpha brain wave state. This is a state of pre-sleep/pre-waking drowsiness or, if one remains alert, light meditation. Ironically, alpha is also a state of increased focus; it is in the alpha state, for instance, that learning, including so-called "super learning," takes place.

If synchronization continues, one next enters a theta brain wave state, the state of dreaming sleep, or if alertness is maintained, a deep meditation. Theta is also the brain wave state of heightened creativity. The "ah-ha" experience of suddenly making a creative connection is accompanied by bursts of theta waves in the brain.

If the brain synchronizes still further one finally enters the delta brain wave state, ordinarily a state of deep, dreamless sleep, but also, if one can maintain alertness, a state of extremely deep meditation. Finally, in the deepest part of the delta range, the two sides of the brain become so balanced that any tension between opposites is transcended. At this point the normal conscious mind is bypassed and the "transcendental" experience of oneness and harmony with the entire universe is revealed.

Any kind of focusing will bring about a degree of brain synchronization (i.e. meditation). The greater the focus, the greater the synchronization (and the deeper the meditative state). The mystic, then, sitting to meditate, balances the brain through some form of focusing, whether by repeating a prayer or mantra, keeping the attention on the flow of the breath, staring at a candle flame, or by using one of many other techniques. Whatever the technique, the effect on the brain is substantially the same—brain synchronization, and after much practice, transcendental experience. As the meditator focuses, he or she moves from a beta brain wave state into an alpha state. After many years of disciplined practice the meditator gains enough experience to begin accessing the deeper theta brain wave state (and with still more practice, the delta brain wave state) and

begins to enjoy the experience of transcendental, expanded awareness.

So just what is this transcendental awareness? Is it becoming some kind of a blob of undifferentiated goo that wants to sit and stare at its navel instead of going to work in the morning, or some kind of robed, smiling person handing out flowers in the airport? Contrary to common Western mythology about such things, persons operating continually in this type of awareness (a kind of 24-hour-a-day state of meditative alertness sometimes referred to as "the awakened mind") are more productive, happier, capable of more intimacy, more creativity, and more wholeness. Since the filter through which they view reality does not split everything in to categories based on arbitrary early life programming, they see life more objectively, without fear and judgment, without a need to manipulate others, without need for approval—in short, without the limitations of mental programming. This is, in fact, a state of peak performance. And, when the brain is in this highly synchronous and coherent state, it produces large quantities of pleasure-causing neurochemicals called endorphins, making the whole experience very pleasurable!

Between the stressed-out jangle of the beta state and the peaceful depths of delta there is, however, much territory to be covered and much healing to be done. As one moves into the alpha and theta states, the subconscious portion of the mind is accessed and becomes available. This is where the belief systems that structure our experience of ourselves and our universe are stored. We mentally project this material onto what is, creating our own private universe in much the same way that light, passing through a celluloid image, projects an image on a movie screen. When we enter the alpha and theta brain wave states during sleep, we scan this subconscious data and to a certain extent re-arrange and process it. We call this scanning and processing dreaming, and it is, indeed, in the theta state that REM (rapid eye movement) sleep associated with dreaming occurs.

In the delta state one accesses what has been referred to as the collective unconscious, where the broadest and most primal programs about what it means to be human are stored. The delta sleep experience of the collective unconscious is in some ways a very intense one, intense enough that in this state we go totally unconscious and do not even dream. It is only from the experience of very advanced meditators (including those using Holosync soundtracks) remaining alert and aware in this state that we know that in the delta state material from the collective unconscious is accessed.

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(It may be that some levels of the collective unconscious are accessed in the theta state also, but it is our belief that the deeper and more substantial levels are accessed only in the delta state.) Though this experience of the collective unconscious is intense enough that we ordinarily can only experience it in total unconsciousness, it is at the same time such a pleasurable and essential process of renewal and reinvigoration that sleep is the one thing that humans cannot be induced to give up.

It is in these subconscious and unconscious areas of the mind that we find the answer to the question of why, for 99.9 % of humanity, the brain cannot for very long remain in this synchronized state, where the deep emotional healing and rapid brain evolution we are interested in, spontaneously occurs. Meditators invariably find, whatever their technique, that the feeling of peace, well-being, and super-alertness gained during meditation fades rather quickly, often within minutes. This happens because the belief systems that tell us we are separate and not okay immediately begin to reassert themselves, causing the brain to return to a less synchronized (and therefore less expanded) state of awareness. As the brain re-lateralizes (one of the two hemispheres again becoming dominant over the other) endorphin production dramatically decreases and the feeling of well-being fades with it.

Why does this re-lateralization of the brain take place? Why is the peace, happiness, and connectedness that appears when the brain is balanced so difficult to sustain? Current research into the nature of the mind, and, in fact, into the very nature of the universe itself, indicates that the universe may be nothing more than a giant hologram created by the mind. Holograms, you may know, are three-dimensional images projected into space with the aid of a laser. According to this theory (espoused by, among others, David Bohm, a protege of Einstein's and a world-famous quantum physicist; Karl Pribram of Stanford University and one of the world's most famous neurophysicists; and Stanislav Grof, professor of psychiatry at John Hopkins Medical School and the originator of the Holotropic Breathwork process) the universe you see and experience is but a holographic image created by the patterns of belief in the subconscious and unconscious areas of the mind.

Since at a fundamental level we share many common subconscious and unconscious beliefs, specially those of the collective unconscious, the universes we individually create seem to be a single shared universe rather than billions of individual and overlapping universes. Although similar and sharing many basic commonalities, these individual universes are not the same. Ten people can see the same event, but each experiences it in an entirely different way and will give widely divergent descriptions of what happened. Even twins, with identical DNA encoding, experience the same things differently. One person's happiness can be another person's hell, depending upon their personal holographic model of the universe.

As a wit once said, "I wouldn't have seen it if I hadn't believed it!" This, indeed, is the way our holographic mind operates. If the internal hologram is one of perfection, delight, and connectedness, that will be the nature of the world we create; if it is of fear, shame, separation, and problems, an entirely different world will be the result. A brain with a separation-based holographic model will always re-lateralize in order to continue its creation of such a universe. A brain with a holographic model that is unity-based, however, has no need to re-lateralize and will create a universe of oneness, peace, and happiness.

This process of constructing a new and more truthful holographic model of the universe is nothing new—meditators the world over have been doing it for over ten thousand years, using any number of time-honored methods. First, through some kind of focusing, the hemispheres of the brain are synchronized, accessing the holographic "film"—the patterns of belief in the subconscious and unconscious areas of the mind. Simultaneously, through prayers, affirmations, visualizations, etc., the old, counterfeit programming is replaced with that which is more truthful and life-affirming. This is exactly what we do in any form of personal growth work — we try to put the mind in a receptive state and then we work on changing the programming. While meditation ultimately gets down into the deepest part of the mind like nothing else, it unfortunately takes about fifteen years, meditating six or more hours a day, to really perfect the ability to open the mind in this way.

In the early 1970s, however, very significant discoveries took place that have made this whole process more practical and accessible for those seeking this type of deep healing and personal growth but who don't have the time or the inclination to meditate many hours each day for many years. By far the most significant of these discoveries

was that the alpha, theta, and delta brain wave patterns could easily be induced electronically. Today, Centerpointe Research Institute uses [Holosync audio technology](#), a more sophisticated version of the technologies first developed in the early 1970s, to induce deep meditative states literally within minutes, saving years of practice in perfecting the ability to reach such states.

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When we add state-of-the-art silent communication methods to introduce new life-affirming patterns of belief into the subconscious and unconscious areas of the mind, the process of creating "meditation through technology"—and therefore dramatically accelerated personal growth—is complete.

In order to further accelerate the personal growth process, Centerpointe Research Institute custom-makes each CD package, combining [Holosync technology](#) with silent affirmations chosen by the participant and recorded in his or her own voice. In addition, we have developed a soundtrack designed to be listened to during the entire sleep period. This soundtrack allows one to effortlessly devote many extra hours each day to personal growth work without disrupting one's normal lifestyle. (We have, by the way, found that use of this sleep-time soundtrack significantly reduces sleep time.)

The efficiency of this technological approach to meditation dramatically accelerates the personal growth process. What once took most of a lifetime can now be accomplished in just a few years. And, in using [Holosync technology](#) to create deep meditation, participants experience the same evolutionary signposts spoken of in various world scriptures and personal accounts of saints and mystics. These include development of various kinds of intuitive and psychic awareness, increased compassion, greater personal power, expansion of self-knowledge and awareness, sharpened mental abilities, and the falling away of attachments, just to name a few.

Above all, we see that those participating in this program become happier. Dysfunctional and addictive behaviors, if there are any, begin to fall away. A safer and more peaceful world opens up as fears are released, feelings are felt, and the ability to safely communicate and connect grows. Mental acuity increases and with it increased abilities

to learn and remember, to creatively solve and cope with everyday problems, and to intuitively find the most productive way of dealing with any situation. People using this technology become empowered, changed, and renewed. They find their place in the world. They become more balanced, happier, more fulfilled, and their lives begin to work as never before.

But these benefits do not come without some work. Only those who have never done any personal growth work believe that personal growth is easy. Ultimately, a time comes when the work does become significantly easier, but this is an advanced stage, reached after several years of work. Up to that point, change is often resisted, making transformation a sometimes cathartic experience. Belief systems in the subconscious and unconscious are gradually changed as each bit of the old model of reality is brought to conscious awareness, released, and replaced with something more truthful and life-affirming. As this happens, the clash of old and new can create temporary upheaval in our life experience.

This limiting material needing release has been suppressed and relegated to the subconscious, where for years it has been kept from conscious awareness, because it is part of what is often referred to as our "dark side"—those aspects of ourselves and our world that we, in our dualistic, good/bad outlook, believe to be inappropriate. This new awareness of our "dark side" is often accompanied by painful memories, feelings, or physical sensations. In addition, when we use affirmations to tell ourselves that this "dark side" is an integral part of our wholeness, the brain is temporarily faced with running on two diametrically opposite models at the same time—one that divides the universe into "appropriate" and "inappropriate," and one that sees things in terms of wholeness and love. This causes a temporary state of chaos in the brain until the old model can be released and the brain can reorganize itself at a higher, more truthful level of awareness.

To understand how this happens, let's take a closer look at the actual mechanics of the evolutionary process in the brain. An intriguing model gaining acceptance in the scientific community today describes evolutionary growth and change (including all personal growth) in terms of the fascinating work of theoretical chemist Ilya Prigogine, who won the Nobel prize in 1977 for work on what he called "dissipative structures." Prigogine was working in the field of thermodynamics where for over a century scientists had been aware of a seeming contradiction between two laws of nature.

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On one hand, the second law of thermodynamics states that the amount of randomness or chaos—often called entropy—in the universe is always increasing. On the other hand, many things, including life itself, are obviously becoming more ordered, less random. Why is it, scientists wondered, that some things evolve and grow when the overall tendency in the universe is for things to break down and become less ordered?

What Prigogine noticed was that what he calls "open systems"—systems that are able to exchange energy and matter with their environment—are able to maintain their structure and even grow and evolve into more complex systems because they have the ability to dissipate entropy to their environment in such a way that the total amount of entropy, overall, does increase. They maintain their orderliness—and even increase it—at the expense, entropically speaking, of their environment.

An open system—of which a human being is a prime example—is a flow of energy. We constantly take in light, air, water, heat, nutrients, as well as all kinds of information from our senses. In turn, we dissipate to our environment carbon dioxide, heat, waste products, activities of various kinds, and so on. And, we are more than just a tube with something flowing through it, we are the flow itself—not just a "thing," but a living, changing, evolving process.

Open systems are very plastic and can handle all kinds of fluctuation and variations in input from their environment, but each system (each person) has an upper limit of how much randomness, how much entropy, it can dissipate to its environment. This limit is based on the system's structure (prevailing belief systems about oneself and one's universe) and its degree of complexity (the degree to which one can see and experience the infinite connections that make our own personal universe).

If fluctuations from the environment become too much, the system cannot dissipate enough entropy to maintain its structure and therefore begins to become internally chaotic and unstable. In other words, we feel overwhelmed. If input continues at this higher level, the system will finally come to a point where it is so unstable that the

slightest nudge brings things to a screeching halt. At this point the system has the ability to move in an infinite number of unpredictable directions, like an angry crowd on the verge of rioting or a person at a crisis point in a serious illness.

This point, which Prigogine called a bifurcation point (bifurcate meaning "to divide into two branches") is a kind of moment of truth. Either the system totally breaks down and ceases to exist as an organized system, or it spontaneously reorders itself in an entirely new way. The incredible thing about this reorganization is that the new system is totally non-causal and non-linear with what went before. It is a true quantum leap, a death and re-birth, and the main characteristic of the new system is that it has the capability to handle the fluctuations, the input from the environment, that caused the old system to become overwhelmed and break down. In Prigogine's words, the system "escapes into a higher order." Out of chaos comes new order, a new, more evolved system.

This is how evolution happens. All things grow and evolve in this manner, whether a seed, a corporation, a highway system, or a human being. This process is repeating itself millions of times each minute in every cell of your body. It also happens on a larger scale regarding more macroscopic aspects of your being. Changes in core beliefs and personal habits happen, for instance, as the old ways of looking at and dealing with the world are overwhelmed by changing input from the environment and can no longer disburse the entropy necessary for their survival. The aging process, too, is a continually diminishing ability to dissipate entropy to the environment resulting eventually in death of the organism.

The human brain, as we have said, is the ultimate open system, constantly exchanging energy with its environment. Up to a point, the system can handle all kinds of fluctuations. But if the input becomes too much, we begin to become overwhelmed, things temporarily break down, and the system then reorganizes itself at a higher order. Prior to the overwhelming input things make sense. Then, once overwhelm begins, they no longer make sense. Finally, after reorganization at a higher level, things make sense once again, but in a whole new way, never before imagined.

How, then, does [Holosync technology](#) facilitate this process? The alpha, theta, and delta brain wave states are states of great fluctuation in the brain. A graphic representation of these brain wave patterns shows that the amplitude (the height of the wave form)

increases as we move from alpha to theta to delta. In other words, the amount of fluctuation increases.

We are more than just a tube with something flowing through it, we are the flow itself--not just a "thing" but a living, evolving process.

When we use the [Holosync](#) soundtracks each day we are subjecting the brain to stimuli that push it to the point where it must, in Prigogine's words, "escape into a higher order." Then, as we move to successively deeper levels of the program (see below) we create the alpha, theta, and delta brain wave patterns at increasingly lower (and even more high amplitude) frequencies, further increasing fluctuation in the brain and creating further opportunities for evolutionary quantum leaps to occur. When we add life-affirming affirmations that challenge limiting subconscious and unconscious belief patterns, this adds more input and further increases fluctuation in the brain, creating still more evolutionary growth.

When one experiences this process, there is a temporarily feeling of uneasiness as the system—which is really your ego, your collection of beliefs about who you are, what your place is in the world, and so on becomes more chaotic. Everyone has experienced this, with or without meditation, because life is intrinsically evolutionary. It is happening to you at every moment on some level and occasionally happens to you in a more global way. This is why major upsets in our lives lead to the most growth. Chaos always precedes breakthrough and seeing things in a new way.

The natural tendency is to resist this process in order to protect the system (your ego). This is the ultimate irony, since it is the limitations of the current system, the old way of seeing things, that causes us to feel uncomfortable in the first place. Still, we are almost frantic sometimes in wanting to keep the system the way it is, in wanting to keep it from breaking down and evolving to the next level. This is because we tend to identify with the ego — we think we are the system instead of the flow of energy through it.

At these moments of peak experience we try to protect the system in one of three ways. Method number one is to try frantically to dissipate the extra energy that the system can't handle. We do this through anger, talking, running, jumping, sexual activity, exercise, compulsive behaviors, physical ailments—anything that dissipates energy and temporarily relieves the pressure. Method number two is to attempt to

block the input of energy. This often manifest as a desire to isolate oneself or, in extreme cases, depression. In depression, we shut down metabolically, we breathe less, we constrict the pupils of our eyes so as to take in less light, we want to be alone, to lie down, to get away from any kind of input. The third method is to distract oneself from the feeling of overwhelm through drugs, alcohol, sex, television, dissociation, eating, or anything else that distracts.

These strategies work to some degree, especially in the short run, in that they may temporarily release some of the pressure. No evolution, however, is likely to take place because the system never is allowed to reach the point of peak experience where it spontaneously reorganizes itself. This means that the next time that the system is stimulated in the same way it gets overwhelmed again in the same way. Had the system been allowed to reorganize itself at a more evolved level the new system would have been able to organically handle the increased fluctuations from the environment by dissipating whatever entropy needed to be released.

What this means in the area of personal growth is that as we evolve, as our view of who we are and how we relate to our world embraces more of our connectedness with the rest of the universe, what we once found overwhelming no longer bothers us. This is exactly what we see happening to participants in [The Holosync Solution](#): they become more peaceful, more able to flow with whatever is happening. At the same time, they become more empowered and more able to set healthy boundaries, which of course allows, ultimately for more intimacy, more connectedness, and more love.

Because the healing process can sometimes be cathartic, we provide a great deal of support to participants in this program. In what we feel is a truly ground-breaking approach, we teach participants, through written materials, telephone contact, monthly letters, and email newsletter, and periodic workshops and retreats, how to identify when they are coming to a point of peak experience, how to begin noticing their own unconscious strategies for protecting the old system, and how to get out of the way so as to let the process complete itself in a natural way.

Ironically, it is the very strategies for protecting the old system that sometimes cause the process to be painful. It is important to realize that it is our resistance to evolution that causes pain, not the evolution itself. Death and rebirth is only painful when we identify with what is dying. Once we experientially know that we are the evolution itself

rather than the system that is passing away and being reborn, the growth process becomes smooth and rapid.

To overemphasize the cathartic aspect of this process, however, would be a mistake. First of all, the quantum leaps in growth happening to those in this program are well worth an occasional feeling of overwhelm, which we all experience in our lives anyway, with or without the [Holosync](#) technology (although probably with much more pain and much less awareness). Most of us really don't realize just how good we can feel, how good life can be. Living out our lives without healing our childhood wounds is more intense by far than anything we might encounter in the adventure of discovery, healing, and unfoldment made possible by this technology.

In addition, when the brain goes into the deeper alpha, theta, and delta brain wave states, the brain makes great quantities of endorphins, enveloping much of the pain of change in a feeling of peace and well-being—in fact, one of the really incredible added benefits of [Holosync](#) technology is that its use demonstrates that the kind of bliss talked about by mystics and saints is real and that you, too, can experience it. Participants in The [Holosync](#) Solution more typically feel delighted than overwhelmed. This doesn't mean that participants in this program don't feel their feelings—they feel them more fully than ever, but with an awareness that helps them to feel them as the perfection that they really are.

Meditation is purification—not of who we are, but of the filter through which we see and experience who we are. As that filter is purified everything in our universe is purified with it and our lives become filled with peace and happiness. Additional growth opportunities, when they come, are handled smoothly and effortlessly with keen awareness and peaceful detachment.

The [Holosync](#) Solution is not for everyone—though it will work for anyone who uses it. It is a powerful tool for those who are really ready to move past all that is holding them back from expressing their full potential. It is not the only way to heal yourself and reach your full potential as a human being, but it is a very powerful and effective one. If you view your life as a grand adventure to be lived to the fullest, this program may very well be just what you have been looking for. Because I want you to have all the benefits it provides, I greatly appreciate the fact that you have chosen to use this powerful tool to change your life.

(Persons who have been severely abused or have been diagnosed as having severe psychological problems should participate in this program only under the guidance of a qualified therapist.)

A final note: The world is entering a new era in the realm of personal and spiritual growth as our planet rapidly approaches a moment of truth. In every area—whether having to do with family, sexuality, race, religion, government, economics, technology, the environment, personal psychology or spirituality—we are at a point where old systems are being overwhelmed and are breaking down. In every one of these areas we can either collapse in chaos or, hopefully, make a quantum leap to the next evolutionary level. No one really knows what that new level will be like, but what we do know is that the efforts of people like you who are reading this will play a critical role in ensuring that our planet successfully makes this leap to the next higher level. To make this happen we need to take advantage of all the tools we have, high-tech and low-tech, and to take responsibility for being the world leaders in the realm of conscious evolution that we really are.
