

Frequently Asked Questions (FAQ)

About The Custom Made Levels of the Holosync Solution Program

What exactly do I get with my first custom level?

You get six custom made soundtracks with each custom made level: The Dive, taking you from an alpha brain wave state to a deep delta state, Immersion, holding you in that same deep delta state, and Floating, for use during your sleep time — all custom made with subliminal affirmations chosen by you and recorded in your voice, using Autofonix™ technology. Plus, all soundtracks are recorded with Chris Currell's amazing three-dimensional Virtual Audio technology. And, you'll get what I think is the best part of each new level: Immersion 1.5, 0.5, and 0.3 — the deeper versions of Immersion — the “industrial strength” part of each level! You also get continuing access to the Telephone Support Hotline, any Special Reports we create, and, if it is your first custom made level, the book *The Management of Evolutionary Change* (US\$50 value), which expands on the information presented in the Support Letters sent to you during *Awakening Prologue* and serves as a kind of reference book for the remainder of the program.

Don't I already have The Dive and Immersion from my first level of the program?

Each level of the program has new and stronger Dive and Immersion soundtracks. In each new level we place you in the alpha, theta, and delta brain wave patterns — just as we did in *Awakening Prologue*. But because we use increasingly lower Holosync® carrier frequencies in each new level, The Dive and Immersion soundtracks get progressively stronger as you move from level to level. Just as running three kilometres eventually gets easy for a runner, who then increases his distance to five kilometres to get in even better shape, your brain will get to the point (usually, with *Awakening Prologue*, after about four to six months) where it has made all the changes it needs to make to handle the input from *Awakening Prologue*. If, at that point, you find yourself saying “Wow, this is great and I want to continue this process,” you can move to the next deeper level where we use lower, more powerful carrier frequencies to increase the stimulus to your nervous system, creating increasingly deeper mental, emotional, and spiritual changes in your life. Each level, then, has a new Dive soundtrack, a new Immersion soundtrack, a soundtrack called Floating (used during sleep), and the three deeper Immersion soundtracks, Immersion 1.5, 0.5, and 0.3, each of which takes you successively deeper into the delta brainwave state, where the greatest amount of change happens. Even though the names of the soundtracks (The Dive, Immersion, etc.), are the same in each level, they become more powerful in each new level because of the lower, more powerful carrier frequency used. This is the real magic of the Holosync Solution program!

How will I find the time to listen to six different soundtracks?

Never fear, you actually don't need any more time than you did with *Awakening Prologue*. Here's why: when you begin each custom level, you use The Dive for the first half-hour of your meditation, and the Immersion for the second half-hour, just as in *Awakening Prologue*. Then, after several weeks, you put the regular Immersion aside and use Immersion 1.5 for the second half-hour (always using The Dive for the first half-hour). After another several weeks, you begin to use Immersion 0.5 for the second half-hour, and, finally, change to Immersion 0.3. At this point (after about six months) you should be ready to move to the next deeper, more powerful level, where the whole process repeats, creating even deeper levels of positive change. Floating is used during sleep, or can be played at low volume over your stereo while you watch TV, cook dinner, or while driving in the car (don't listen to the other CDs in the car).

Do the custom affirmations appear on all of these soundtracks?

Yes, they are added to all the soundtracks in each custom level.

How do the custom made affirmations get onto the CDs?

When you place your order for your first custom level, we send you easy instructions describing how to select the affirmations you want to use (we give you eight pages of possible affirmations, but you can use anything you want) and how to record five minutes of them over the phone on our automated voice-mail system. Your affirmations go through to our recording studio and we re-record them using Autofonix™ and then add them to your custom soundtracks and send them to you. It's really very easy. Because the Holosync® technology puts you in a super-suggestible state, and because

the new Autofonix™ technology is so powerful in delivering the suggestions to the unconscious mind, the small amount of time it takes to choose and record these affirmations is well worth it.

How do I know my affirmations will end up on my soundtracks?

We take great care to make sure that your affirmations (and only your affirmations) are recorded onto your soundtracks. We cross reference by name and also by a number assigned to each voice-mail recording. We check and double check every time we record soundtracks to make sure we have the correct affirmations.

Do I have to change my affirmations when I change levels?

No. You can use the same affirmations for the whole program, if you like. If, on the other hand, you have insights that lead you to want different affirmations, you can change them by supplying us with new affirmations when you order your next level. The cost for changing affirmations is US\$40 (currently A\$56) or US\$20 (currently A\$28) for Inner Circle members.

How many deeper levels are there? How long do they each last?

There are 12 custom made levels: Awakening Levels 1-4, Purification Levels 1-4, and Flowering Levels 1-4. Each is progressively stronger than the preceding level because of lower, more powerful carrier frequencies, and creates deeper and continuing personal growth and change for you. The first three custom levels each take about six months. We recommend you spend up to a year in the nine remaining levels. Ultimately it is your decision when to move to a new level, but we have found these time guidelines to be very accurate for 99% of people in the program.

If I order multiple levels or join the Inner Circle, can I have all the levels shipped out at once?

No, we only ship one level at the one time, upon your request and there are several good reasons why. Foremost is that people often decide to change affirmations at various stages in the program. If we were to record and ship all levels at once, that option would disappear. Also, we do make upgrades to the program on occasion, and if you were to receive several years' worth of soundtracks at once, the chances are high that you would, at some point, be working with some out-dated technology. Lastly, we've found that the more levels an individual accumulates before they're ready to use them, the more likely it is that we have to provide replacement soundtracks for them simply because they get lost or damaged years before the person is even ready for them.

I'm not sure I've changed that much during Awakening Prologue. Why would I want to go on to the next level?

Most people begin experiencing changes pretty quickly, within the first few weeks or so. Most common is the feeling that things that used to bother you a lot don't seem to have as much impact as they once did. Also common is a feeling of increased serenity and a greater awareness of why and how you are creating whatever is happening in your life. This is, though, a medium to long-term project, and for some people, at first, the changes can be subtle. What makes this different from other approaches is that it positively, absolutely works. Time after time I hear of it changing things people had absolutely given up on. The time frame is not always predictable, but the program really does work. Some people are more resistant to change on an unconscious level and may take longer before they experience a breakthrough. We all, to a certain extent, associate the way we've constructed our inner world with safety. We structure our inner world in childhood in a way that keeps us safe in our particular family structure. When some of these deeply held unconscious strategies begin to change as a result of personal growth work (such as the Holosync Solution program) — even if the change is exactly what we have been wanting on a conscious level — a part of us unconsciously says “What? Change that? Are you crazy? That's what has kept me safe!” So, a part of us resists the change. My feeling is that those who say they're not sure they're changing need the program the most and have the most to gain from using it. My greatest wish would be for a way to give these people a peek at what their future could be like after several levels of the program. I admit it takes great courage to continue when you are not getting the same positive experiences everyone else seems to be achieving. All I can say is that it will pay off in the end, and I encourage anyone in this situation to continue and also to take advantage of the Telephone Hotline.