
Holosync - Awakening Prologue All 6 Files And Instructions [_LINK_](#)

it depends on what you are aiming for. it is not meant to be a cure all. some people get results from holosync but it is not for everyone. it really depends on your constitution. i think you are on the right track already, but just be careful that holosync does not work for you. good luck. leo has talked about it in quite a bit of detail, so i would suggest you check out his site () and read the posts if you want to get a better understanding of his opinion on it. i don't know if you have tried it, but i would also suggest that you try to practice holosync in conjunction with your normal meditation practice, just to see how it compares and if you feel comfortable with it. yes, iawake really have taken care with this one to break down the tracks in various levels of intensity, and provide a lot of guidance in terms of how to approach them, inner work techniques for dealing with the overwhelm and some releasing tracks. i really appreciated the seriousness they treat this with as a practice and the whole tone surrounding it, which is what drew me to check them out further. i think what you described here is really useful particularly for a beginner. if you were to start holosync tomorrow with the meditation experience you have now, maybe you wouldn't experience the overwhelm as much, and everyone is different so it is useful to talk about how different programs approach the subject. leo himself used it for a while and he gained results from it, but he said he prefers normal meditation without audio aids and the reason for that is simply because some other meditations are more suited for inquiry and enlightenment work (for example "do nothing") which was his current goal at that point, and holosync may not be the best meditation for that but it is not any less effective. my personal experience with it says otherwise, since i had some amazing experiences with holosync like kundalini awakening (i think it was kundalini since it was very very powerful and really hard to describe.. closest i can describe is like having epileptic seizure in very pleasant form but only if you let it happen to you). also i had few experiences like being omnipresent, being outside of my mind etc.

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certainly, i would be happy to give a more detailed comparison of the two for you. i only just started using the intro pmp kit from iawake, so too early to tell. what i can tell you is that iawake are very proactive with their guidance. as well they have a number of other products that might be a good way for a complete beginner to start with as well. with holosync (centrepoinTE), they do offer email and phone support, but i used both during one period of overwhelm and i was given no real help beyond what i could read on their website. will post back when i have more experience with iawake.

thanks. the awakening proclouge cd will teach you how to awaken your brainwave systems and navigate the subtle vibrational landscape that is co-create with your emotional experience. your awakened brain will automatically produce different states of consciousness as you change your emotional state. your brainwaves will shift from the alpha state of sleep to the theta state of deep states of meditation. the second cd will teach you how to work with the dual polarities of your brainwave system. each brainwave state has its own polarity. for example theta brainwaves are all positive while gamma brainwaves are all negative. in the process of awakening your brain, you will learn

how to navigate the many dynamic states of consciousness that exist inside your mind. you will move from the dual core personality to the dual core-and-shared core personality and finally to the shared core. the basic holosync program is designed to create the following results: (1) it will help you become more flexible in your thinking and less judgmental; (2) it will help you discover your true self and expand your beliefs; (3) it will help you deepen your connection to your spirit self; (4) it will help you recognize and understand your own divine nature; and (5) it will help you align with the universal laws of love and intuition. 5ec8ef588b

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