



**iAwake Technologies**  
*Science Meets Stillness*  
iAwakeTechnologies.com

# AUDIO OXYGEN

iAwake Technologies



**Energy Alchemy Series**

**Digital Oxygen Therapy**

**For Oxygenating the Brain and Body**

## DISCLAIMER

The user of Audio Oxygen (AO) agrees that this audio program is designed solely for meditation, self-improvement, learning, aid in motivation, relaxation, and experimentation. This application is not intended as a replacement for medical or psychological treatment. No medical claims are intended, express or implied.

Those meeting any of the following conditions, whether knowingly or not, should not use this application:

- Those who are wearing a pacemaker

Those who should consult a physician before the use of this product include:

- Individuals under the influence of medication or drugs
- Individuals who have a history of severe mental illness
- Individuals who have a history of tinnitus

This application is not to be used while under the influence of alcohol or other mood altering substances, whether they are legal or illegal.

Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of AO, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO AO WHILE DRIVING OR OPERATING MACHINERY.

The user of AO assumes all risks, waiving any claims against iAwake Technologies, LLC and its affiliates for any and all mental or physical injuries. The user also agrees to assume liabilities when allowing other persons access to AO.

In no case will iAwake Technologies, Integral Recovery or other distributors of AO be liable for chance, accidental, special, direct or indirect damages resulting from use, misuse or defect of its program, instructions or documentation.

The parties shall attempt to resolve all disputes arising out of this agreement in a spirit of cooperation without formal proceedings. Any dispute which cannot be so resolved (other than a request for injunctive relief) shall be subject to arbitration upon written demand of either party. Arbitration shall take place within forty-five days of the receipt of the written demand, in Provo, Utah or at another location (or in whole or in part by phone or other means) if the parties so agree. The arbitration shall take place before an arbitrator chosen as follows: the parties shall each choose a representative, and the representatives shall choose an arbitrator. The arbitrator shall schedule an informal proceeding, hear the arguments, and decide the matter. Each party shall pay half the costs of the arbitration proceeding. The arbitrator shall not have the authority to award punitive damages or any other form of relief not contemplated in this Agreement. Regarding each issue submitted to arbitration, the decision shall be accompanied by a written explanation of the basis upon which it was arrived at. Judgment upon the award, if any, rendered by the arbitrators may be entered in any court having jurisdiction thereof.

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## File Information for Optimal Entrainment Results

### NOTE:

- The download-version contains high-quality (320 kbps) MP3 files, which use less compression than typical MP3 files.

We strongly recommend not converting these tracks to normal MP3 format (anything below 192 kbps) when uploading from CD or burning to CD, because the MP3 compression will filter out a considerable amount of the entrainment power embedded in the CD and download versions. If you wish to burn them to a CD, burning them as WAV files, Apple Lossless files or 320 kbps MP3 files will deliver optimal entrainment results. In iTunes, go to "Edit," then "Preferences," and locate the "When you insert a CD" section on the "General" tab. Push the "Import Settings" button, and another tab will appear. For the "Import Using" section select "Apple Lossless Encoder, WAV or 320 kbps MP3."



### NO HEADPHONES NECESSARY

The relaxing biofield frequencies in this program will positively influence your state of mind equally well with stereo speakers as they will with headphones.



### Compatible Players

#### MP3

- *Computer Media Players* – Windows Media Player (free); iTunes (free); SongBird (free at [www.getsongbird.org](http://www.getsongbird.org))
- *MP3 Players* – Any MP3 player.



### IMPORTANT NOTES ON USING THIS PROGRAM:

Although simply by being in the proximity of this program's biofield frequencies alone (*without* practicing a meditation technique at the same time) will positively shift your state of mind, we nevertheless recommend **the simultaneous practice of the effective emotional release technique and meditation method shared in this manual**. Doing so provides the most profound, transformative benefits possible.





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## Welcome to Audio Oxygen

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### How to Use Audio Oxygen

The Audio Oxygen technology is encoded with the energetic signature of oxygen and other signatures designed to increase oxygenation to the brain and body.

**NO HEADPHONES NECESSARY** (However, using headphones can be very powerful, as the subtle energetic pulses will directly enter into the brain via the audio. **TIP:** Drape the headphone cord along the front of your body, up the middle. The subtle energetic field emanating from the cord will directly communicate with your body's energy centers.)

**The energetic signatures in this program are non-toxic, so you can use this program as often as you like.**

### Ways to Enjoy this Program

You can play this recording on your computer, smart phone or MP3 player. It emits a powerful subtle energetic field that is beneficial to living systems. You can play it as you would any other audio file. It can also be played silently by itself or behind other music, videos, or movies.

You can play them while you:

- Work
- Surf the Internet
- Meditate
- Give or receive a massage
- Practice Qi Gong, Tai Chi, Reiki, yoga and other healing arts
- Study
- Relax alone or with friends
- Exercise or hike

May benefit:

- Increase in energy
- Pain management
- Increased stamina
- Reduced lactic acid buildup
- Reduced severity of hangovers (when used during and after drinking alcohol)
- Increased alertness
- Improved memory and mental functioning
- Asthma, sinus problems and circulatory problems

**AMPLIFICATION:** These subtle energetic fields can be amplified using a number of tools readily available to you. Please see the section in this manual, entitled **Important Notes on the Biofield Technology**, for further information.

**EMF CONVERSION:** The subtle energetic frequencies in this recording, when played, will interface with the electromagnetic field (EMF) of the playing device, resulting in two wonderful things: 1) the negative subtle energetic effects normally associated with EMF will be completely canceled; and 2) the EMF will be converted into a carrier for the biofield technology, significantly amplifying the subtle energetic field.

**FOR OPTIMAL RESULTS, FEEL FREE TO PLAY OFTEN:** The more you play these tracks throughout the day (with or without volume), the more enhanced flow states you will enjoy. When played on a computer media player, smart phone or MP3 player, these tracks will emit a beneficial energetic field at least 50 feet (and often larger) in diameter. **The easiest way to set the tracks on repeat is to create a playlist in iTunes or whatever media player you use, then place the track into the playlist all by itself. You can then play the playlist on repeat endlessly on your computer or import the playlist into your MP3 player or smart phone and play it endlessly on repeat on that player.**

**UPGRADE YOUR NERVOUS SYSTEM:** Although these energies are beneficial to living systems and perfectly safe, they can eventually have a kind of “pushing” effect on the nervous system. If, for example, you have been playing the tracks constantly for days using the various amplification methods shared in this manual, you may at some time notice a subtle feeling of overwhelm. No need to worry, as this is just a sign that your nervous system has reached a temporary state of overload. These subtle energies will clear the acupuncture meridians and gently drive your nervous system toward

## The Technology

### Biofield Technology

The biofield technology consists of subtle energetic frequencies, which are digitally captured, amplified and embedded into audio files. To find out more about the basis for our biofield technology, please visit: <http://www.iawaketechologies.com/biofield-technology-2>

### The Biofield Formulation

#### White Light

Properties: A powerful “spiritual solvent” capable of clearing negative emotions and blocks to spiritual awakening; associated with healing, shielding from negativity; naturally uplifting, blissful and purifying. This formulation uses a new and improved white light energy band that is more powerful than previous formulations.

#### Golden Mean Energy

Properties: Found to be present at sacred pilgrimage sites; sattvic (harmonizing) properties; profound centering and balancing qualities; deeply calming and purifying; involved in prayer and spiritual communion; action at a distance (i.e., nonlocal causality); holiness; saintliness.

#### Qi

Properties: Naturally stress reducing; healing energy from a Qi Gong master.

## **Horizontal Negative Green**

Properties: A powerful spiritual carrier wave involved in prayer, meditation and spiritual and psychic phenomena (like distant healing and nonlocal, or faster than the speed of light, communication).

## **Spiritual (Right) Heart Signature**

Properties: The resonance of the inmost, spiritual heart. Also naturally synchronizes left and right hemispheric brain activity. In addition, when any of the tracks with the HeartWave formulation are played, this particular signature has a unique effect on the space in which it is played, such that the entire space—and virtually every object within that space—will naturally emit this unique energetic signature. In fact, because this signature is also a carrier wave, all the other energetic signatures in this HeartWave formulation will also be emitted by the space and all the objects in that space. This creates an especially coherent environment for personal and spiritual evolution, so we recommend playing this field often at low or no volume. (See elsewhere in this manual for tips on using this technology.)

## **Oxygen**

### **Chlorophyll**

Properties: Used in oxygenic photosynthesis.

### **Spinach**

Properties: Helps increase tissue oxygenation.

### **Circulatory System**

### **Lungs**

### **Medulla Oblongata**

Properties: Area in the lower half of the brainstem involved in breathing.

**NOTE: You may also find that placing your MP3 player or smart phone, while playing this program, on the palm-up side of you left wrist will help you experience this deeply stress relieving and enlivening energy even more quickly and deeply. (There are very sensitive acupuncture points located on the wrist, and left side of the body tends to be more receptive to subtle energy.)**

## Important Notes on iAwake's Biofield Technology

- **THE POWER OF INTENTION:** Because of the informational and energetic properties of this technology, it is especially powerful when used with conscious intention. The meditation offered in this manual is but one example of how anyone can consciously interact with this technology to initiate purposeful change.
- **LASTING EFFECTS:** Although you will feel the effects of this technology while listening to this program, especially when listened to for 20 minutes or more at a time, the effects will also last for quite some time throughout the day.
- **SATURATE YOUR BIOFIELD WITH PEACEFUL ENERGY:** The energetic signatures contained in this program have been amplified millions of times, making them quite potent. The more you listen, the more densely these soothing and calming energies will saturate your biofield for lasting change. You'll carry this feeling of deep calm into your day.
- **ZERO VOLUME:** These calming energies can also be enjoyed by playing this program at zero volume. Simply place this track on repeat and turn the volume down. For the digital version, this can be done by placing it into a playlist by itself on your media player or MP3 player, then setting it to play on repeat. No headphones or speakers are needed. The advanced biofield technology will emit a powerful energetic field that will interact with your biofield. **NOTE:** Depending on your sensitivity, you may not be able to experience the biofield entrainment of the silently played biofield track unless you follow this [Method to Amplify the Biofield Transmission](#). Even then, you may not always feel the subtle energy emitted by the track, but it is influencing your mind and body beneficially nonetheless.

**ADDITIONAL WAYS TO AMPLIFY AND BENEFIT FROM THE EMBEDDED ENERGIES:** These audio files can be used in a number of different ways:

- Play any file on your computer media player, MP3 player or smart phone
  - Import the file into your media player
  - Place the track into its own dedicated playlist
  - Set the playlist on REPEAT
  - Import the playlist into your MP3 player or smart phone, or simply play the playlist on your computer
  - Now, whenever you play the playlist, the track will play over and over on repeat
- Keep in mind that the energetic signatures will be emitted through the playing device whenever the track is played
  - Each track can be played at any volume
    - At high volume, you will tend to consciously feel the energetic signature more tangibly
    - At low volume, you can keep the tracks playing in the background as you surf the Internet, watch movies or listen to music
    - At NO volume, the tracks can be played, *and the energetic signatures will still be emitted by the playing device*, which makes it easy to keep a signature playing all day long, for extra energetic support



- **AMPLIFY THE ENERGY: Three Ways to Amplify the Energy**

1. **The easiest way to amplify the biofield technology is to combine your computer's media players.** Most computers have more than one media player; my computer, for example, has *iTunes*, *GOM Player*, *RealPlayer*, and *Windows Media Player*. Whenever you meditate with *PMP 3.0*, or any *iAwake* track for that matter, just open up the track on all the different media players that you have and turn the volume down on all of them but one. Keep one on so you can hear the sound. The combined media players will amplify the biofield technology and **the bigger the screen you have, the stronger the transmission you will feel, because the electromagnetic field is converted into a carrier for the technology.** Furthermore, you don't need to worry whether or not the multiple media players synced; the biofield energy will still be amplified even if the players aren't synced. You can find further instructions and a list of free media players [here](#).
  2. A second way to amplify biofield technology is, again, using multimedia players, but instead of using many different media players, **you can open up whatever track you want to amplify in multiple players within one media player system.** Using *GOM Player*, for example, (a free download, just click [here](#)) you can create a unique playlist: you put in the chosen track and then set it to play on repeat. Then go back to the original file that you saved on your hard drive, right-click it, and open in *GOM Player*. Do that repeatedly, and you will have multiple windows of the *GOM Player*, each playing the track on repeat. Again, just turn the volume down on all of them but one. You can open up as many files as you like. Most PCs, Macs, and laptops will play as many as 20 videos simultaneously. This method also works with [VLC Player](#).
  3. **A third way to amplify is to simply duplicate the track within a folder using Quicktime.** Duplicate it as many times as you like, changing the name for each track. The easiest way to do this is to copy the file, paste it, and do that repeatedly; it will automatically rename the file, for example, *PMP Track 1 Tier 1 (copy)*, and the next one, *PMP Track 1 Tier 1 (copy)(copy)*, and on down the line. Then you just open *Quicktime* and open each of these players, set them on repeat, and all of the tracks will continue to play simultaneously. Turn them all down except one, and you have your amplified biofield.
- **ENERGETIC SUPPORT: Touching the player (including the screen or speaker) with the fingers of your left hand (OR PLACE THE PLAYER ON YOUR LEFT WRIST, PALM UP):** The left side of the body is the energetically receptive side of the body, plus there are many acupuncture points in the fingers and thumbs. This method sends powerful subtle energetic pulses through these acupoints, quickly clearing the acupuncture meridians and intercepting the neurological signals that facilitate dysfunctional states. This is not only a quicker way to saturate your biofield with this life-enhancing subtle energy, but can also be used in tandem with our Emotional Releasing methods to accelerate emotional freedom.
  - **ENERGETIC SUPPORT: When playing on your smartphone or MP3 player, plug regular ear buds into the player:** After doing so, the energetic field will now be emitted all along the ear bud cords, as well as through the ear bud speakers. One way to take advantage of this is to place the player in your left pocket, then run the ear bud cord up the front of the body (either over or under your shirt), and loosely drape the ear buds around your shoulders. The energetic field will now directly influence the acupuncture meridian that runs up the center of the body as well as the chakra system.
  - **SUBTLE REFLEXOLOGY: Place your portable MP3 player (or smart phone) under your left foot while the track is playing:** This is an even quicker method than Method 2) for saturating your biofield with the subtle energetic pulses in the biofield technology. The foot has even more

acupuncture points on it than your fingers, so the energy permeates your biofield much more quickly and deeply. If placing your foot on your portable player or smart phone bothers you, you can place a towel over the player before placing your foot on it. You might think of this powerful method as “digital reflexology.”

- **TRANSFORM ANY ELECTRICAL DEVICE INTO A POWERFUL SUBTLE ENERGY TOOL: Place your portable player (playing the iAwake Biofield Track) on or beneath the power cord to your computer:** The subtle energetic field emitted by the iAwake track will interface with the electromagnetic field (EMF) of the power cord. It will then be emitted by your entire computer system (i.e., any part of it that has electricity running through it – the screen, tower, and speakers, for example).
- **DYNAMIZE THE ENERGY OF THE ROOM:** When played on smart phones and most tower computers, the biofield transmission will naturally fill the room. There is, however, a way of filling the whole room with the energy in a more dynamic and powerful way.
  - Place an iAwake biofield track into its own dedicated playlist
  - Import the playlist into a smart phone
  - Play the playlist silently on repeat (the energy will still be emitted, even with the volume turned all the way down)
  - Place the smart phone on the power cord of a rotating fan, directly behind the fan
  - Let the fan rotate from side to side in such a way as to cover the whole room with air
  - The wind from the fan will act as a carrier for the biofield technology
  - The resulting energy will be more dynamic and powerful
- **WAYS TO TRANSMIT TO YOURSELF NONLOCALLY:** Because the biofield technology contains nonlocal carriers (i.e., energetic carriers that transcend space-time), the energy can be transmitted nonlocally; that is, the energy can be broadcast to you and your loved ones *regardless of where you are in the world*. In short, this can be achieved in a number of ways simply by placing a picture, finger nail or anything containing your DNA on or near any device playing one of the iAwake biofield tracks.
  - SMART PHONE/MP3 PLAYER:
    - Place an iAwake biofield track into its own dedicated playlist
    - Import the playlist into a smart phone or MP3 player
    - Play the playlist silently on repeat (By plugging the phone/MP3 player into an AC converter, you can play the track indefinitely, without the battery running down)
    - Place any of the following on top of the player
      - Your picture
      - Your fingernail
      - A piece of paper that you’ve rubbed over your face (with the result that the paper now contains your DNA)
    - The energy will now be transmitted to you no matter where you are
    - By using pictures of each room in your house, your property, your wardrobe, your refrigerator, etc., the energy will also be transmitted to these things as well.
  - COMPUTER
    - Place an iAwake biofield track into its own dedicated playlist in your favorite media player
    - Play the playlist silently on repeat
    - Use your computer’s picture viewer application to open a picture of yourself on the computer
    - The energy will now be transmitted to you no matter where you are, as long as the computer is running (it can’t be in sleep mode—the computer must be on, but it is

okay to turn the monitor off when you're not working on the computer. As long as the computer is on and your picture is actively open, the energy will still be broadcast to you, even when the monitor is turned off.)

- By using pictures of each room in your house, your property, your wardrobe, your refrigerator, etc., the energy all also be transmitted to these things as well.

**SENSING THE ENERGY:** Although some people are sensitive enough to go into light samadhic/trance states while playing this energetic field silently as they work, most people will sense it most deeply during eyes-closed meditation and relaxation.

- **DEEPEN YOUR MEDITATIONS:** To enhance your meditations, play the iAwake biofield track silently an hour before and/or during your normal meditation practice. If you meditate in the evenings, play the biofield technology silently throughout the day, which will saturate your biofield with this calming energy for noticeably deeper and more absorptive meditation.
- **AVOIDING OVERWHELM:** Even though the biofield energies embedded in iAwake programs are calming by nature, they can still have an overwhelming effect on the nervous system if it absorbs more energy than it can handle at one time. Start by playing the biofield energy an hour or two a day and see how you feel. If you notice that you seem to be on edge, this is just your nervous system letting you know that it needs a break. Any overwhelm experienced through excess exposure to this technology is only temporary and never serious or permanent. Simply cut back on your exposure time.
- **EVOLVE YOUR NERVOUS SYSTEM:** Your nervous system will develop a capacity to absorb more and more energy without overwhelm, ***resulting in at first subtle but eventually quite dramatic changes in emotional intelligence, self-identity and conscious evolution.***
- **FEELING TOO RELAXED?** After an especially deep session, you may feel groggy and ready to lie down. This is similar to how you may feel after a great massage or acupuncture session. This is a perfect time to relax into whatever you are feeling and release pent up stress, emotions and worries using your preferred releasing technique or any of the powerful ones shared below.

## BIOFIELD LINKS

### Biofield Technology

<http://www.iawaketechnologies.com/biofield-technology-2>

- An Introduction to Biofield Science  
<http://www.iawaketechnologies.com/biofield-science>
- Our Biofield Method –  
<http://www.iawaketechnologies.com/our-biofield-technology>
- Biofield Frequencies/Level of Consciousness Correlation Chart -  
<http://www.iawaketechnologies.com/biofield-chart>
- How You Can Easily Amplify iAwake's Biofield Transmission -  
<http://www.iawaketechnologies.com/iawake-biofield-amplify>
- Free Downloadable Media Players (for use in amplifying the biofield transmission) -  
<http://www.iawaketechnologies.com/iawake-biofield-amplify>

## iAwake Support Links



**Profound Meditation on Facebook:**

<https://www.facebook.com/ProfoundMeditationProgram>



**Profound Meditation on Twitter:**

<https://twitter.com/iAwakeTeam>



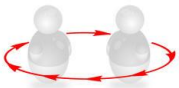
**Profound Meditation Practitioners Forum:**

<https://www.facebook.com/groups/profoundmeditation/>



**Free Weekly Teleseminars:**

<http://www.iawaketechnologies.com/teleseminars>



**Coaching:**

<http://www.iawaketechnologies.com/coaching>



**FAQ:**

<http://www.iawaketechnologies.com/faq>



**Blog:**

<http://www.iawaketechnologies.com/blog/>



**Customer Support:**

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# PROFOUND MEDITATION 3.0 FULL SPECTRUM



*Science Meets Stillness*  
An integrated synthesis of leading-edge  
neurotechnology and energy medicine

"iAwake technologies has continued their pioneering research into brain/mind sound technology with their latest release of *Profound Meditation 3.0*. I've been a fan of their products from the beginning, and I can say that they just keep getting better. So if you've never tried binaural beat technology—and especially if you have!—by all means check out their latest. I think you won't be disappointed!"

*Ken Wilber—The Integral Vision*

[www.iawaketechologies.com](http://www.iawaketechologies.com)