

NEUROFLOW Series

iAwake
technologies

Flow-States for Growth, Prosperity
And Spiritual Evolution

www.iawaketechnologies.com

USER MANUAL

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AUDIO SERENITY

A DRUG-FREE DIGITAL VACATION
FROM STRESS & ANXIETY

Transmits the Brainwave Patterns and Energetic Frequencies of:

- Endogenous Opiates (naturally occurring pain-killers in the brain)
- Profound Comfort & Ease
- Effortless Meditation
- Deep Relaxation
- Bliss



NEUROFLOW
SERIES

Contents

- Disclaimer – 3
- The NeuroFlow Series - 4
- Audio Serenity - 4
- The Technology – 4
- 3 Ways to Enjoy Audio Serenity - 5
- General Listening Instructions - 5
- Targeted Flow States - 5
- File Information - 5
- Compatible Players - 5
- Important Note: Drink Water – 5
- Important Notes on Enjoying Audio Serenity’s Biofield Tech - 6
- A Simple But Powerful Meditation – 6
- Deep Emotional Release Made Easy: **Effortless EFT** – 7
- How the Biofield Tech Works - 8
- Our Biofield Method - 8
- Further Reading on the Subject of Releasing – 8
- Targeted Brainwave States – 9
- iAwake Support Links – 10
- PMP 3.0 – Full Spectrum – 11

Audio Serenity

User Manual

IMPORTANT: Please read this manual carefully and in its entirety before your first use.

Disclaimer

The user of Audio Serenity, hereby referred to as AS, agrees that this software is designed solely for 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:

- Epileptics
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to or have had seizures

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 AS as they are more susceptible to seizures.

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

The user of the AS application assumes all risks in using AS, 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 the AS application.

In no case will iAwake Technologies, LLC or other distributors of the AS application be liable for chance, accidental, special, direct, or indirect damages resulting from use, misuse, or defect of its technology, 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, UT 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. Judgment upon the award, if any, rendered by the arbitrators may be entered in any court having jurisdiction thereof.

The NeuroFlow™ Series

NeuroFlow™ is a series of releases from iAwake Technologies representing an exciting new breakthrough in neural and biofield entrainment technology. Though the Profound Meditation Program comprises the basis and main focus for the meditation practices we recommend, the NeuroFlow Series will perfectly complement your work with PMP.

The focus of this series is to facilitate transformative flow-states and help you flourish, grow and evolve in today's turbulent times.

Audio Serenity

The third NeuroFlow download/CD to be released is **Audio Serenity - A Drug-Free Digital Vacation from Stress & Anxiety**. This profoundly relaxing recording:

- Features a 61-min suite of profoundly soothing, enveloping and healing music
- Is suited for extraordinary massage, deep relaxation and effortless meditation
- Offers quick and lasting stress-relief
- Contains the subtle energetic frequencies of endogenous opiates, the brain's natural pain-killers
- Features the brainwave patterns of profound comfort, ease and relaxation
- Can be enjoyed with or without headphones (**Note:** Use of headphones delivers best results, because the entrainment effect is stronger due to the unique embedded signals.)
- Uses what we believe to be the most advanced and effective neural entrainment technology available
- Has a Pythagorean tuning of A = 432 Hz (used in early sacred music, and believed to be more relaxing and harmonious than the modern 440 Hz tuning)
- Powerful, invigorating biofield entrainment frequencies of deep calm, effortless meditation and bliss

NOTE: You will notice some of the most tangible effects of this technology **AFTER** listening to the meditations, as you enjoy the rest of your day. The energetic frequencies emitted through this presentation will continue to interact with your biofield throughout the day.

The Technology

The technology contained in this new release is so powerful that we believe your mood, confidence, enthusiasm and positive outlook will be dramatically catapulted **in just the first 20 minutes**.

Headphones are recommended for deepest benefit, though listening without headphones will still result in effective entrainment and relaxation.

Neural Entrainment Technology

Audio Serenity features a number of unique neural entrainment methodologies, including:

- Dual-Pulse Binaural Signals
- Harmonic Layering
- Harmonic Box “V” Signals
- Isochronic Entrainment
- Frequency Modulation

Biofield Entrainment Technology

Audio Serenity also features a unique biofield entrainment technology infused with energetic frequencies associated with:

- the brain's natural pain-killers - endogenous opiates
- profound relaxation
- deep stress-reduction
- inner comfort
- soothing calm
- effortless meditation

When played, Audio Serenity emits an energetic field that influences your biofield to induce tangible states of bliss and peace.

Because of our unique and powerful biofield entrainment technology embedded in the Audio Serenity program, you will experience far more than just a relaxing brainwave pattern (which is what most conventional brain entrainment programs offer), **you'll feel a subtle energetic field enveloping your entire body**, often experienced as a **refreshing cool breeze** or **tingling warmth** against the surface of the skin.

Three Ways To Enjoy Audio Serenity:

1. **Play Audio Serenity at a comfortable volume through loudspeakers in the background:** Your whole environment will be infused with the subtle energetic frequencies of profound relaxation.
2. **Listen to Audio Serenity with headphones:** Because of the unique entrainment signals embedded in this program, listening to it with headphones as a meditation will penetrate deeply into your experience of stress, leaving a sense of relief that will last long into the day.
3. **Play Audio Serenity silently WITH NO VOLUME:** Yes, that's right! You might find yourself in a situation when you'd like to enjoy the peaceful emanations of Audio Serenity, but it's inappropriate to be wearing ear buds or listening to music. No Problem! Simply place Audio Serenity on "repeat" on your MP3 player, then turn the volume down to zero and don't worry about using your ear buds at all. Due to the powerful biofield (subtle energetic) entrainment technology contained in Audio Serenity, *it will emanate a deeply relaxing energy field even at zero volume!* Some people are more able to consciously detect this energy field than others, but your body and biofield will still register and benefit from it nonetheless.

General Listening Instructions

- ✓ **Headphones** are recommended for deepest results, though listening through loud speakers will still facilitate effective entrainment and deep relaxation.
- ✓ As a complement to the Profound Meditation Program, you can listen to Audio Serenity as often as you like. Let your own experience be the judge of how frequently you choose to listen.
- ✓ To enjoy Audio Serenity as a meditation, sit in a comfortable chair with head and neck support.
- ✓ Always sit upright while listening, as this best facilitates the increased attention, focus and energy that will accrue during listening sessions.
- ✓ We generally recommend listening with **eyes closed**, as this helps reserve attention and minimize distraction for optimal entrainment.
- ✓ Allow yourself to be given over to the audio environment, which will increase the efficacy of your session.
- ✓ **IMPORTANT:** After each session, allow 1- 5 minutes to ease back into your day. Be sure to anchor your deepened awareness in your mind by consciously observing and feeling it in your body. **Soak it up and bathe in it.** Then intend to carry this awareness and effortless focus with you wherever you go.
- ✓ You may experience a deep emotional release and tears while listening to Audio Serenity, or sometime afterwards, or both. This is a good sign, as this program elicits the brainwave patterns and states associated not only with deep relaxation but also long-term emotional memory. If you notice emotions coming to the surface, this serves as a wonderful opportunity to release them. In fact, it is the pent up emotions we carry with us subconsciously which compound our experience of stress.
- ✓ **Please see the next page for instructions on meditation and releasing.**

Targeted Flow-States

Audio Serenity can be used to :

- Create profoundly relaxing and calming energy fields in any environment
- Significantly deepen your massage and meditation sessions
- Help instill deep rapture and relaxation during meditation
- Complement your work with Profound Meditation Program by enjoying the **stress-relieving, rejuvenative states of consciousness** facilitated with this CD
- Release fatigue after work or during your lunch break.
- **Let go of negativity easily**
- Experience a deeply relaxing natural high
- Release emotional stress
- Effectively reduce your stress levels and enjoy more peace of mind on a daily basis

File Information For Optimal Entrainment Results

NOTE:

- The CD-version features high quality WAV files.
- The download-version contains higher quality (320 kbps) MP3 files which use less compression than typical MP3 files.
- Some versions may also offer AAC audio file format - and you are welcome to convert your audio files to a high quality AAC version.
- We also offer downloadable WAV files for those interested, though it does not retain much of the labeling data and graphics that the high quality uncompressed version carries. We believe, however, that the high quality mp3 files are a very effective audio file format for our technology.

We strongly recommend not converting these tracks to normal MP3 format (anything below 320 kbps) when uploading from CD or burning to CD, because the MP3 compression will filter some 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."

Compatible Players

MP3

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

IMPORTANT NOTE: Drink Water

Be sure to drink at least one glass of water before your sessions and one glass of water afterward. Brainwave entrainment increases blood flow to the brain, and drinking plenty of water helps your brain rid itself of waste by-products.

Important Notes on Audio Serenity'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 Audio Serenity, especially when listened to for 30 minutes or more at a time, the effects will 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 Audio Serenity at zero volume. Simply place Audio Serenity on repeat and turn the volume down. For the WAV or AIFF 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 technology embedded in Audio Serenity will emit a powerful energetic field that will interact with your biofield.
- **SENSING THE ENERGY:** Although some people are sensitive enough to go into light samadhi/trance states while playing this energetic field silently as they work, most people will sense them most deeply during eyes-closed meditation and relaxation.
- **DEEPEN YOUR MEDITATIONS:** To enhance your meditations, play Audio Serenity 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.
- **OPTIMAL RECEPTIVITY:** When playing the biofield technology silently, you can experience optimal results by placing the MP3 on the non-dominant side of your body (e.g., the left side if you are right-handed) by placing it in a pocket. The non-dominant side of the body tends to be more receptive to energy.
- **AVOIDING OVERWHELM:** Even though the biofield energies embedded in Audio Serenity 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 lay 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.

A Simple But Powerful Meditation

- ❖ Close your eyes and allow your breath to become deep and slow.
- ❖ Allow your attention to rest on the area just above and between your two eyes. No need to strain. Simply allow your eyes to rest in the place near the "third eye" where it feels most natural. If your eyes flutter, let them drop slightly.
- ❖ Galvanize your focus on this spot, imagining that you're breathing in a golden, white light and life force energy through an aperture in your third eye.
 - Inhale the energy through your third eye, down your spine and into your heart, imagining your heart expanding with this gentle but powerful biofield energy.
 - Imagine your heart expanding like a balloon with this golden, white energy, allowing the energy to absorb any limiting emotions, worries, beliefs, attachments or aversions, dissolving them.
 - As you exhale, surrender yourself and imagine the light dissolving all resistance to growth, expanding through your body and widening your biofield of light (i.e., aura).
- ❖ If you notice your mind wandering, simply bring it back to breathing through the third eye and into the heart. Remember your intention to connect with your indwelling spirit.
- ❖ Collect any thoughts or stories into the heart as you inhale, and allow them to dissolve in the light.
- ❖ Consciously connect with the feeling of life force energy flowing through your physical and subtle bodies. Allow this awareness to permeate your consciousness.
- ❖ While doing this meditation, it can also be helpful to imagine your spine as a "shakti antenna," naturally tuning into, and consciously absorbing, life force energy. Feel the blissful charge and allow your attention and awareness to ride the wave of shakti.
- ❖ Siddha masters have been using attention on the third eye to naturally and safely awaken the kundalini-shakti for millennia.
- ❖ Audio Serenity's gentle but powerful biofield energy will catalyze this meditation and assist you in awakening and maintaining the healthy flow of spiritual energy (i.e., kundalini).

Deep Emotional Release Made Simple

EFFORTLESS EFT

iAwake biofield technology makes the use of EFT and similar technology incredibly simple and profound.

- ❖ No need to tap multiple acupoint sites (or any at all)
- ❖ No need to remember or improvise any words or phrases
- ❖ No need to repeat the process multiple times with limited success

Method 1 – For use when playing Audio Serenity (and other NeuroFlow CDs) on an MP3 player or Phone.

- Simply hold the playing device (whether an MP3 player, iPhone) *in your left hand* (the yin/receptive side of your body).
- Locate the distressed feeling in your body. (It often appears as a tangible contraction in the gut, solar plexus or heart area.)
- Allow your consciousness to remain focused on the feeling until it dissipates
- To speed up and deepen the process, use your intention and imagination to saturate the deepest root of the feeling (i.e., the emotional issue) with the biofield energy until the contraction dissipates. (See the Modes of Imagination section.)
- Or simply go about your tapping practice as usual, except you will now hold the playing device in your left hand instead of tapping any acupoints. (Don't worry! The powerful pulses of energy in these programs will enter your acupuncture meridians and penetrate energetic blocks very fast.)

Method 2 – For use when playing Audio Serenity (and other NeuroFlow CDs) on a CD player or mac/pc media player.

- **Computer Media Player:** Place four fingers of your left hand on the screen or speaker. **CD Player:** Place four fingers of your left hand on the CD player itself or on any speaker attached to the CD player.
- Locate the distressed feeling in your body.
- Allow your consciousness to remain focused on the feeling until it dissipates.
- To speed up the process, use your intention and imagination to "run" the biofield energy (kind of like a directed laser beam) through the deepest root of the feeling until it dissipates.
- Or simply go about your tapping practice as usual, except you will now hold the playing device in your left hand instead of tapping any acupoints.

Significantly Improve Any Emotional Processing Technology

iAwake Technologies' biofield tech can be used to speed up and deepen the results of virtually *any* releasing technique, including the Sedona Method, Release Technique, Emotional Cleansing, EFT, Faster EFT, Thought Field Therapy, Ho'oponopono, Shadow 321 Process, Focusing, EMDR, etc.

Modes of Imagination and the Power of Intention

As the basic instructions for Effortless EFT™ mention, EFT and virtually any other emotional releasing process can be significantly sped up and deepened simply by first sensing where the feeling of the emotional contraction is in your body, then lightly focusing on that feeling while also *using your imagination to saturate the root of that feeling with the biofield energy until the feeling dissipates and opens into a tangible sense of relief.*

You may be saying, "That sounds great, but I'm not good at visualizing at all." Don't worry; that's not a problem. When I use the terms "imagination" or "visualize," I don't necessarily mean that you have to hold a perfect or even partial visual image for this to be effective.

Whether you realize it or not, you use your imagination every day, though not necessarily with visual images. If I were to ask you your opinion of someone who annoys you, for example, your answer would very likely carry a certain emotional quality to it. And that emotional quality is evoked because of internal sensory images/memories (e.g., feeling qualities, visual images, smells, or possibly even audio sounds) that emerge in response to the name of that person. Our imaginations evoke these kinds of sensory (though not necessarily visual) images every day.

Powerful Solvent: We're essentially using this biofield energy—combined with intention and commitment—as a potent *solvent* to dissolve every impediment to spiritual growth and service: dysfunctional emotions, beliefs, addictions, compulsions, obsessive thoughts, opinions, doubts, fears, self-limitations, etc.

Intention: When it comes to using iAwake's biofield tech for releasing attachments and aversions, the most important catalyst is your *intention* to use this energy to release anything and everything that impedes your happiness, growth and service. If you simply *intend* to use this powerful energy for that purpose, *your own intuition and creativity will guide you to use the biofield energy in the best way for you.* You can learn to trust your own spirit to guide you. This powerful biofield energy will respond to your intention and help you connect with your own innate wisdom much more easily.

Welcome: Regardless of what you desire to release, you'll let it go most easily when you can openly and sincerely welcome it into your awareness without any judgment. *Feel* your feelings fully, without attachment or self-identification.

Visual Mode: If you tend to imagine in visual mode, simply visualize the biofield energy as a healing white light. You can “run” the energy through the root of the emotional contraction (i.e., the feeling in your body), or otherwise saturate the root of that contraction with this powerful but gentle energy, until the contraction completely dissolves.

Kinesthetic Mode: If you tend to visualize in the kinesthetic mode, you can place your hand on the place in your body where you feel the contraction. Now simply intend to bathe that feeling with this healing but powerful biofield energy, and just imagine the feeling being dissolved. The biofield energy will respond to your intention.

Auditory Mode: If you tend to imagine in auditory mode, you will want to try and keep your inner conversation to a minimum. The kind of releasing taught in this manual is more about gentle and open awareness than intellectual thinking and self-talk. However, using various questions to gently trigger release can be very helpful. Such questions might include: “Could I allow myself to change this feeling into love?” “Could I let this go?” “Could I allow myself to feel this feeling right down to its deepest roots?” Then simply intend to saturate these root feelings with the healing biofield energy, and allow yourself to imagine the feeling being dissolved. Don’t worry if you can’t see it visually. Just intend it and trust, then notice when the feeling dissipates.

The Biofield Energy Will “Stick” with You

After sitting in headphones meditation with Audio Serenity for a full hour, you will notice that the biofield energy “sticks” with you for most of the day. This is because the powerful biofield technology saturates your biofield and body, continuing to resonate at a subtle but tangible level throughout the day. This means that you can continue to use the biofield energy with your intention and imagination to dissolve any emotional discomfort, resistance, attachment or aversion.

The key to spiritual and personal growth is to let go of everything you are *not*, and everything that you truly *are* will naturally shine forth on its own. iAwake’s unique biofield tech makes letting go easier than ever by not only cutting through the emotional “thickness” that often obscures such issues, but also by increasing your *life force flow*, which can feel invigorating yet relaxing, and even blissful. This increased flow allows you to connect with your deeper awareness more easily and feel more comfortable (and even empowered) to look at the normally uncomfortable and often repressed feelings that you stuck in modes of limitation.

With just a little practice, the Effortless EFT™ method becomes, well, almost effortless. Whenever you notice anything that isn’t peace, joy or happiness, just become aware of the contraction in your body and run the biofield energy through it. In a relatively short time, you’ll be releasing lightning fast with very little effort. All it takes is your intention and commitment.

How the Biofield Tech Works to Improve Emotional Release

The biofield energy will send energetic pulses through key acupuncture meridians to help quickly release the blocks that keep the issue in place.

While the precise mechanisms are not fully understood, the evidence suggests that these pulses of healing energy travel through acupuncture meridians to interrupt and dissolve the habitual neurological pathways that mediate the dysfunctional emotional pattern being addressed.

The combination of your intention and the healing biofield technology significantly speeds up and deepens any tapping/meridian technology.

Our Biofield Method

We use digitally captured energy frequencies—recorded with advanced subtle energy technology and computer software—from numerous substances and states of consciousness, which we then amplify thousands of times using a proprietary process. We use only energy fields that have been thoroughly tested, using advanced methods in radiesthesia. We use only energetic signatures shown to impart profound physical, emotional and spiritual benefits. When played, these audio files emit an energetic field that influences the human biofield to induce tangible states of bliss and peace.

Find Out More About Biofield Science

For more information, please visit our [Biofield Technology page](#).

Further Reading on the Subject of Releasing

- Craig, G. *The EFT Manual*. Energy Psychology Press, 2011.
- Crane, L. *The Abundance Book: Teaching The Amazing Release Technique*. Lawrence Crane Enterprises, 1998.
- Dwoskin, H. *The Sedona Method: Your Key to Lasting Happiness, Success, Peace and Emotional Well-Being*. Sedona: Sedona Press, 2003.
- Dwoskin, H., and L. Levenson. *Happiness Is Free: And It's Easier Than You Think!* Sedona: Sedona Press, 2002.
- Gendlin, E.T. *Focusing*. New York: Bantam, 2002.
- Katz, M. *The Easiest Way to Live: Solve Your Problems and Take the Road to Love, Happiness, Wealth and the Life of Your Dreams*. Your Business Press, 2011.
- McVea, N. *Release Dynamics*. Self-published in electronic format, 1996.
- Ruskan, J. *Emotional Clearing: An East / West Guide to Releasing Negative Feelings and Awakening Unconditional Happiness*. R Wayler & Co, 2006.

Targeted Brainwave Patterns

1st 8min
40sec

- **Phase-Synchronous Low Alpha** – Associated w/ rapid refreshment, inner-awareness, mind-body integration and balance

2nd 8min
40sec

- **Phase-Synchronous High Theta/Earth Resonance** – Associated w/ grounding, improved stress tolerance, pituitary stimulation to release growth hormone, reports of accelerated healing/enhanced learning, and "the earth's natural brainwave"

3rd 8min
40sec

- **Phase-Synchronous High Theta** – Associated w/ deep relaxation

4th 8min
40sec

- **Phase-Synchronous Mid Theta** – Associated w/ deep relaxation and long-term memory

5th 8min
40sec

- **Phase-Synchronous Low-Mid Theta** – Associated w/ the heart, warmth and love

6th 8min
40sec

- **Phase-Synchronous Low-Mid Theta 2** – Associated w/ the reduction of fear

Last 8min
40sec

- **Phase-Synchronous Low Theta** – Associated w/ natural pain relief and ultra-deep relaxation

iAwake Support Links



Profound Meditation on Facebook:

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



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



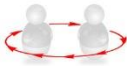
Profound Meditation Practitioners Forum:

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



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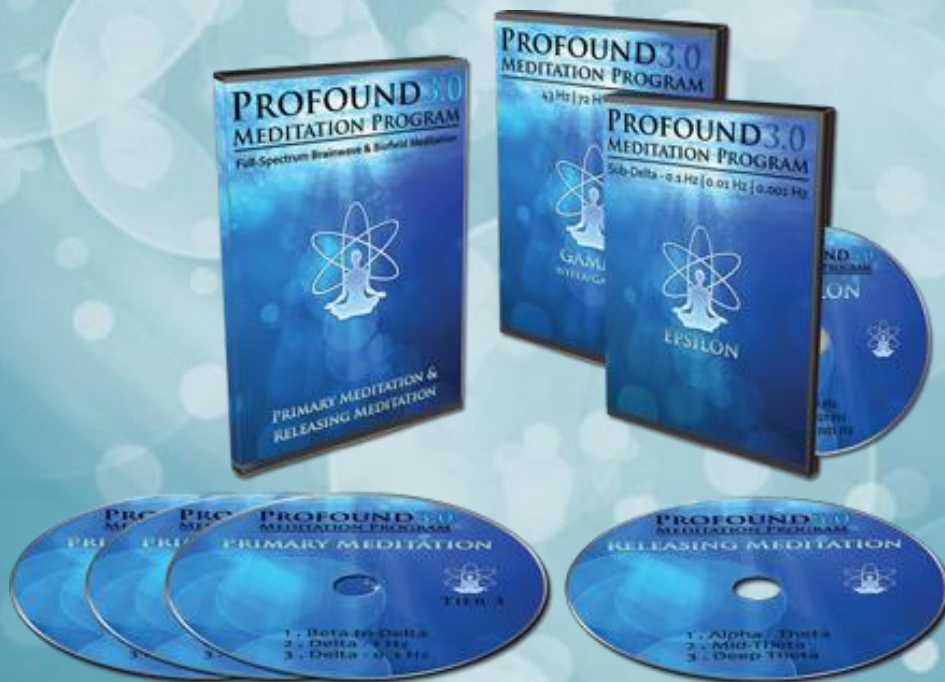
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Customer Support:

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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

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