



iAwake Technologies
Science Meets Stillness
iAwakeTechnologies.com

BEGINNER'S MIND

**Psychoactive Japanese Flute and Thunderstorm
for Relaxation, Creativity and Meditation**

*Featuring Original
Music by
Tilopa*



**NEUROFLOW
Series**

Includes the Latest Brainwave and Biofield Technology from iAwake

DISCLAIMER

The user of Beginner's Mind (BM) 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:

- 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 BM, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY BM AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of BM 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 BM.

In no case will iAwake Technologies, Integral Recovery or other distributors of BM 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.

Table of Contents

File Information for Optimal Results	4
Note on Headphones.....	4
Compatible Players.....	4
Important Notes on Using BM.....	4
Welcome to Beginner’s Mind	5
How to Listen to BM.....	5
Use BM (for).....	6
The NeuroFlow Series.....	7
Introduction.....	7
The Technology.....	8
Important Notes on BM’s Biofield Technology.....	9
Biofield Links.....	10
Meditation	11
A Simple But Powerful Meditation.....	11
Deep Emotional Release Made Simple	13
Effortless EFT.....	13
Significantly Improve Any Emotional Releasing Process.....	14
Modes of Imagination and the Power of Intention.....	14
The Biofield Will “Stick” with You.....	15
How the Biofield Technology Works to Improve Emotional Release.....	16
Our Biofield Method.....	16
Further Reading on Releasing.....	16
Tips on Releasing.....	17
Short Note on the “Evolved Mind” Brainwave Pattern Contained in BM’s Biofield Signals....	19
How You Can Easily Amplify BM’s Biofield Transmission.....	20
Free Downloadable Media Players.....	21
iAwake Support Links	22
PMP 3.0 – Full Spectrum	23

File Information for Optimal Entrainment Results

NOTES:

- The CD-version features high quality WAV files.
- The download-version contains high-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 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."



NOTE ON HEADPHONES

For optimal results, we recommend that BM be used with headphones that have a frequency response of 20 – 20,000 Hz.

BM will work on stereo speakers without headphones, but the use of stereo headphones will always deliver the best entrainment experience.

Compatible Players

- All MP3 players and media players will play the download version of the Beginner's Mind tracks.
- For the CD version, upload the CD to your chosen media player as either the WAV, Apple Lossless or 320 kbps MP3 files only (MP3 file types lower than 320 kbps are not recommended – see above), and transfer to your MP3 player or Smart Phone.



IMPORTANT NOTES ON USING Beginner's Mind:

- Although simply by listening to the BM entrainment stimulus alone (without practicing a meditation technique at the same) will **without doubt** significantly deepen your spiritual development, we nevertheless recommend **the simultaneous practice of some meditation technique**. Doing so provides the most profound, transformative benefits possible, as it engages more of your being, inner awareness and commitment to evolve in spirit.
- **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.



**Music by Tilopa from the *Pictures of Silence* album
Licensed by iLicenseMusic 2012**

Welcome to Beginner's Mind

How to Listen to Beginner's Mind



Headphones are recommended for optimal effect, but not required. Because of the embedded rhythmic and biofield entrainment frequencies, entrainment is still effective even when not using headphones. Headphones, however, deliver the best entrainment due to the unique, harmonically layered dual-pulse binaural signals encoded into the mix.



As a complement to the Profound Meditation Program, you can listen to BM as often as you like. Let your own experience be the judge of how frequently you choose to listen.



To enjoy BM as a meditation, sit in a comfortable chair with head and neck support, or on your meditation cushion.



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 BM, 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.



NOTE: If you are particularly sensitive to this technology and find that it overstimulates you in any manner, you can help your nervous system more gradually adjust to the technology by listening to the tracks with the volume turned down to zero. Even though you won't hear any sound, the tracks will still emit a silent biofield signal that will nonetheless facilitate relaxation and meditation, yet without the stronger stimulation that can occur with audio carrier waves.

Use Beginner's Mind:



- For yoga



- For Tai Chi



- For QiGong



- During massage



- For meditation



- While studying and reading



- For your Reiki practice



- During any mind-body practice



- Any time you wish to be in FLOW



- To bring calm and harmony to any environment



- To release negative emotions and energy



- To relax



- To feel good



- To complement your use of the Profound Meditation Program

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.

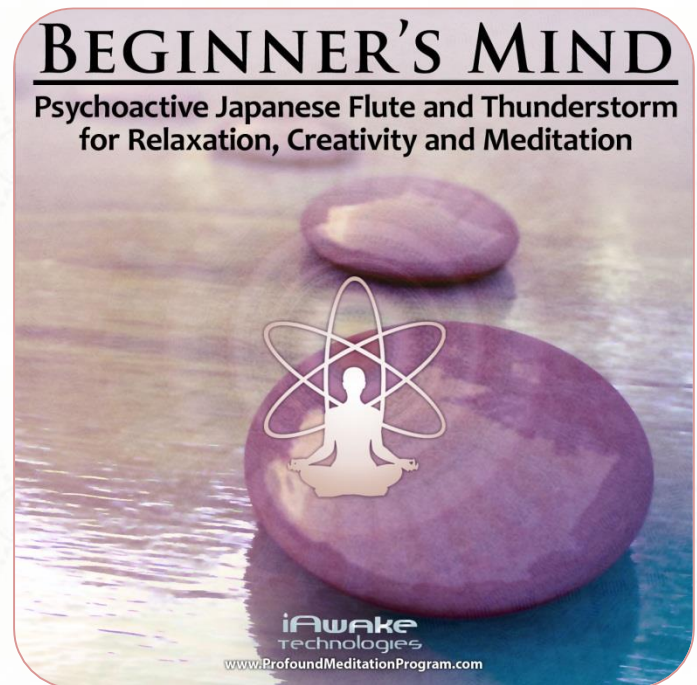
Introduction to Beginner's Mind: Psychoactive Japanese Flute and Thunderstorm for Relaxation, Creativity and Meditation

This deeply relaxing CD features:

- Beautiful contemplative music
- Powerful frequencies that facilitate FLOW
- Brainwave frequencies in the Alpha, Theta and Delta ranges – *simultaneously*
- 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)
- The invigorating biofield entrainment frequencies of deep meditation and peace

It can be used to:

- Create profoundly uplifting and relaxing energetic fields in any environment
- Significantly deepen and brighten your yoga, Qi-Gong, Reiki, Tai Chi or meditation practice
- Help instill deep rapture and relaxation during meditation and massage
- 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 an uplifting natural high
- Enhance your reading, writing and study sessions



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 powerfully designed to shift your mood **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

Beginner's Mind features a number of unique neural entrainment methodologies, including:

- Dual-Pulse Binaural Signals
- Harmonic Layering
- Rhythmic Panning
- Dual brainwave patterns

Biofield Entrainment Technology

For more information about our Biofield Technology – <http://www.iawaketechnologies.com/biofield-technology-2>

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

- Alpha, theta and delta brainwave frequencies
- Spiritual harmony
- Balance
- Emotional equilibrium
- Brainwaves of alpha, theta and delta

When played, BM 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 BM, 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.

Important Notes on BM'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 BM, especially when listened to for 30 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 BM at zero volume. Simply place BM 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 technology embedded in BM 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 BM track unless you follow this [Method to Amplify the Biofield Transmission](#).
- **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 BM 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 player 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 BM 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.

BIOFIELD LINKS

Biofield Technology

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

- An Introduction to Biofield Science
<http://www.iawaketechnologies.com/biofield-science>
 - ✓ Part 1 – Morphic Resonance
 - ✓ Part 2 – Scientific Evidence for a Connecting Matrix
 - ✓ Part 3 – Biofield Tech: Tapping into the Informational and Energetic Matrix
- 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 BM'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>

MEDITATION

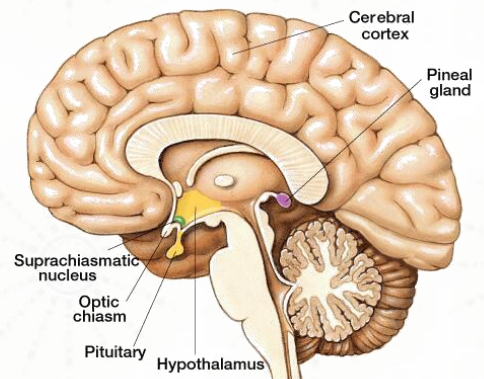
A Simple but Powerful Meditation



- ✓ Sit upright in a comfortable position. (It's perfectly okay to use a chair.)
- ✓ Close your eyes and allow your breath to become deep and slow.
- ✓ Hand position: A) Chi Mudra; B) Zazen Style; C) Fingers Laced Together in Lap; D) Whatever is Comfortable For You



- ✓ 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.
- ✓ By placing your attention there, you are sending focused energy (i.e., your attention) to the pituitary and pineal glands, which in turn release neuropeptides, which invoke a relaxation response and allow you to move more deeply into meditation.
- ✓ These glands also release hormones which are conducive to health and healing.
- ✓ 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 your 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.
- ✓ After you've been able to keep your attention here for a while, begin noticing thoughts, feelings, etc. as they arise. Simply witness them without judgment, and as you do so, notice that *you aren't the feelings or the thoughts; you are the conscious witness that is silently watching them*. The more you are able to pull back into this silent witness, the more a subtle but powerful space opens up within you; and that space represents *your ability to transcend your mental and emotional habits*, which in turn **enables you to change them**.
- ✓ Allow yourself to be given over to the audio environment, which will deepen your meditation.



- ✓ When the meditation is finished, allow yourself to sit quietly still for a few minutes, which will allow you to more readily release whatever conscious or subconscious material came up during the meditation.
- ✓ 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.
- ✓ BM'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 supports and amplifies the use of EFT and similar technologies, which are 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 BM (and other iAwake CDs) on an MP3 player or iPhone.

- Simply hold the playing device (whether an MP3 player, iPod, smartphone or 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 quickly.)

Method 2 – For use when playing BM (and other iAwake 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 technology 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, the Healing Codes, 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 in images 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 technology 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.*

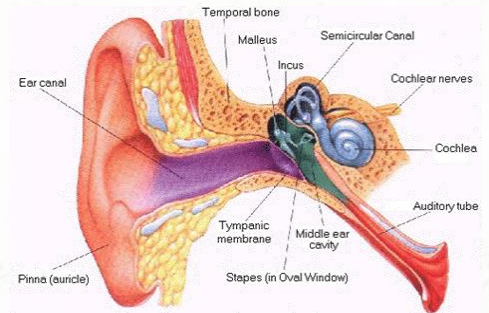




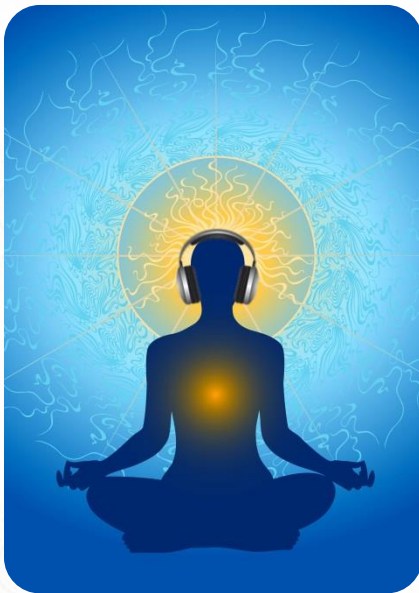
Visual Mode: If you tend to imagine in visual mode, simply visualize the biofield energy as a healing white light. You can “run” the energy through the root of the emotional contraction (i.e., the feeling in your body), or otherwise saturate the root of that contraction with this powerful but gentle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

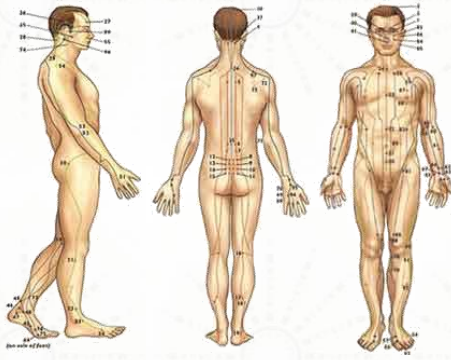


After sitting in headphones meditation with BM for a full hour, you will notice that the biofield energy “sticks” with you for most of the day. This is because the powerful biofield technology saturates your biofield and body, continuing to resonate at a subtle but tangible level throughout the day. 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 of its own. iAwake’s unique biofield technology 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 empowers you to connect with your deeper awareness more easily and feel more comfortable (and even empowered) to examine the normally uncomfortable and often repressed feelings that keep 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: <http://www.iawaketechologies.com/biofield-technology-2>.

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.

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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.

Tips on Releasing

- Accompanying the relaxing and pleasant energies of BM will also be a deeper awareness of the pertinent issues you need to release. You will sense them as a kind of tension, anxiety and resistance somewhere in the background of the bliss. Rest assured that this is a VERY positive sign, because you are now perfectly poised to let these resistances go. Instructions and guidelines for facilitating such release are included below.



- You will find that the deepened sense of joy and bliss will actually embolden you to relax more deeply into the root of the resistances that are beginning to surface. And as you do so quite naturally, your sense of bliss, renewal and optimism will effortlessly blossom of themselves over a period of days. You just keep getting happier and happier, and life begins to flow. It is also helpful to be mindful of letting go of the bliss as it arises. The more you let go of whatever arises (even bliss), the more blissful and light you will feel, until you eventually release into a profound sense of peace and equanimity.
- It is important to realize that virtually all discomfort is related to resistance; and such resistance is something we are actively *doing*, usually unconsciously. Delving more deeply, it can be discovered that the prolonging of **all** disempowering states (such as depression, hopelessness, fear, jealousy, lust, etc.) arises out of a single belief: *that one's highest wellbeing and deepest sense of fulfillment lies outside of oneself.*
- Only when we profoundly realize that we are the true source of our happiness, are we able to become less prone to the unhealthy prolongation of such states. And this source of happiness refers not just to our actions, but to the ongoing experience of *our true nature*. When that experience deepens, life-affirming action flows as a natural by-product.
- The previous tip extends to the idea of taking full responsibility for your life; that is, your perceptions, beliefs, attachments, aversions, projections and so forth are creating your experience of reality. As such, the only way to change your experience is to accept responsibility for your experience and let go of the conscious and unconscious elements that have given rise to that experience. The key is not to blame yourself, because, even though you are responsible for your experience, you are actually creating most of it *unconsciously*. Genuine responsibility therefore requires humility, mercy, patience and gratitude for having the opportunity to learn from our experience and thereby change it.
- Allow yourself to become aware of the tension in your body that is associated with the overwhelm.





- From this point on in the guidelines, you'll find helpful questions which are designed to gently lead you into a profound release of resistance to growth and development. Use these questions on yourself, both in meditation and throughout the day, to allow yourself to effortlessly relax into deeper freedom. As you do so, you are creating transformative neural pathways between the parts of your brain involved in raw emotion and those involved with conscious awareness. This results not only in spontaneous release of emotional and energetic entropy, but also a subtler and more sophisticated emotional processing power. Eventually, you may not even need the questions at all, as you will be more able to “feel” your way into the root of the resistance and let it go.
- Deep, slow, rhythmic and relatively effortless breathing greatly assists this process.
- Can you label the discomfort? Is it anxiety over an upcoming event, a sense of unworthiness, shame, fear, frustration? Neuroscientific research tells us that the nonjudgmental labeling of emotions and feelings activates neural circuitry which tempers the experience of such disturbances by down-regulating the amygdala's fear response.
- Now, can you let go of labeling the feeling? Can you allow yourself to simply sink into the feeling itself, without the need of labeling it? While the initial labeling of feelings helps us to tune into them and become more comfortable with them, continued attachment to such labels prevents us from simply being with the root of the discomfort, devoid of assumptions, expectations and unhealthy attachments.
- Are you resisting the feeling? Can you allow yourself to just let go of resisting it? Could you allow yourself to let go even more? And more? Are you ready to just let go?
- Could you allow yourself to become aware of the sense of space that surrounds and permeates this feeling? Is this space and your experience of it limited to your body? Does this space extend far beyond your body and your experience of the feeling? Could you allow your experience of the feeling to extend into the space around you and far beyond your body? Can you now experience this feeling from the infinite space, silence and timelessness which surround and extend far beyond your body? Is the feeling as intense now? Has it dissipated somewhat? Could you allow yourself to continue bathing this feeling with your awareness of this infinite spaciousness, silence and timelessness?



- Could you allow yourself just to softly sink into the root of the feeling? Could you allow the resulting intense feelings to wash over you in full awareness and with open embrace as they dissipate in this infinite field of timeless, spacious awareness?
- Could you allow yourself to imagine not needing to do anything at all?
- Could you let go of any significance or meaning you've projected onto some event or situation in your life?
- Could you imagine being entirely complete and utterly at peace, with no need for anything? Could you just allow the feeling of being utterly and perfectly complete to arise effortlessly in your awareness?
- If there is a fear, could you allow yourself to look at it and come to peace with it? Once you look at the very worst that can happen and come to peace with it by accepting and releasing it, you strip that fear of its power over you. What's the worst that could happen? Allow yourself to experience the worst scenario possible with full awareness, and you will find that the fear eventually dissipates (if you stay with it long enough) because you brought unflinching awareness to it.

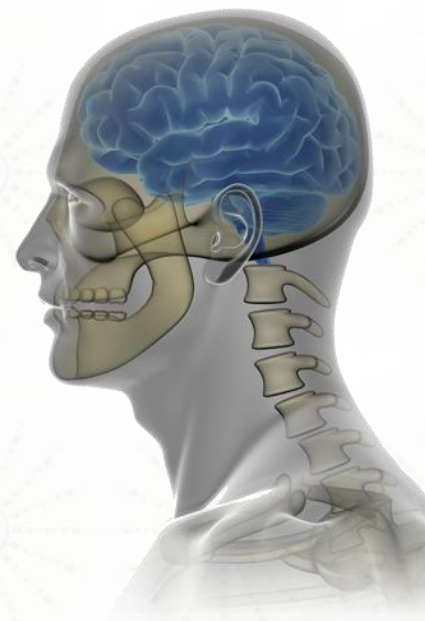
A Short Note on the “Evolved Mind” Brainwave Pattern Contained Within the Biofield Signals

While C. Maxwell Cade’s “Awakened Mind” brainwave pattern is fairly well known in meditation circles, it is less well recognized that he discovered another, more advanced pattern he referred to as the “Evolved Mind” pattern.

Using the Mind Mirror, a unique EEG machine he developed, he saw an exceptional balance of high-amplitude Beta, Alpha, Theta and Delta activity in the brains of highly seasoned meditators and spiritual aspirants. He interpreted this pattern as a profound bridge that integrated the conscious mind with the subconscious and unconscious minds as well as the collective unconscious, in a unified flow. This pattern appeared during reports of unconditional joy, bliss and expansive awareness.

The Biofield signals contain this Evolved Mind brainwave pattern. As such, not only will you experience the target brainwave patterns facilitated by the auditory entrainment signals in this track (alpha), but you will also enjoy the multiple brainwave patterns enabled by our biofield entrainment signals. This delivers a more well-rounded and natural approach that encourages more integration of subconscious and unconscious material that can otherwise limit spiritual and emotional advancement.

To experience more of this Evolved Mind pattern during meditation, please see the next section, “How You Can Easily Amplify the Biofield Transmission of BM.”

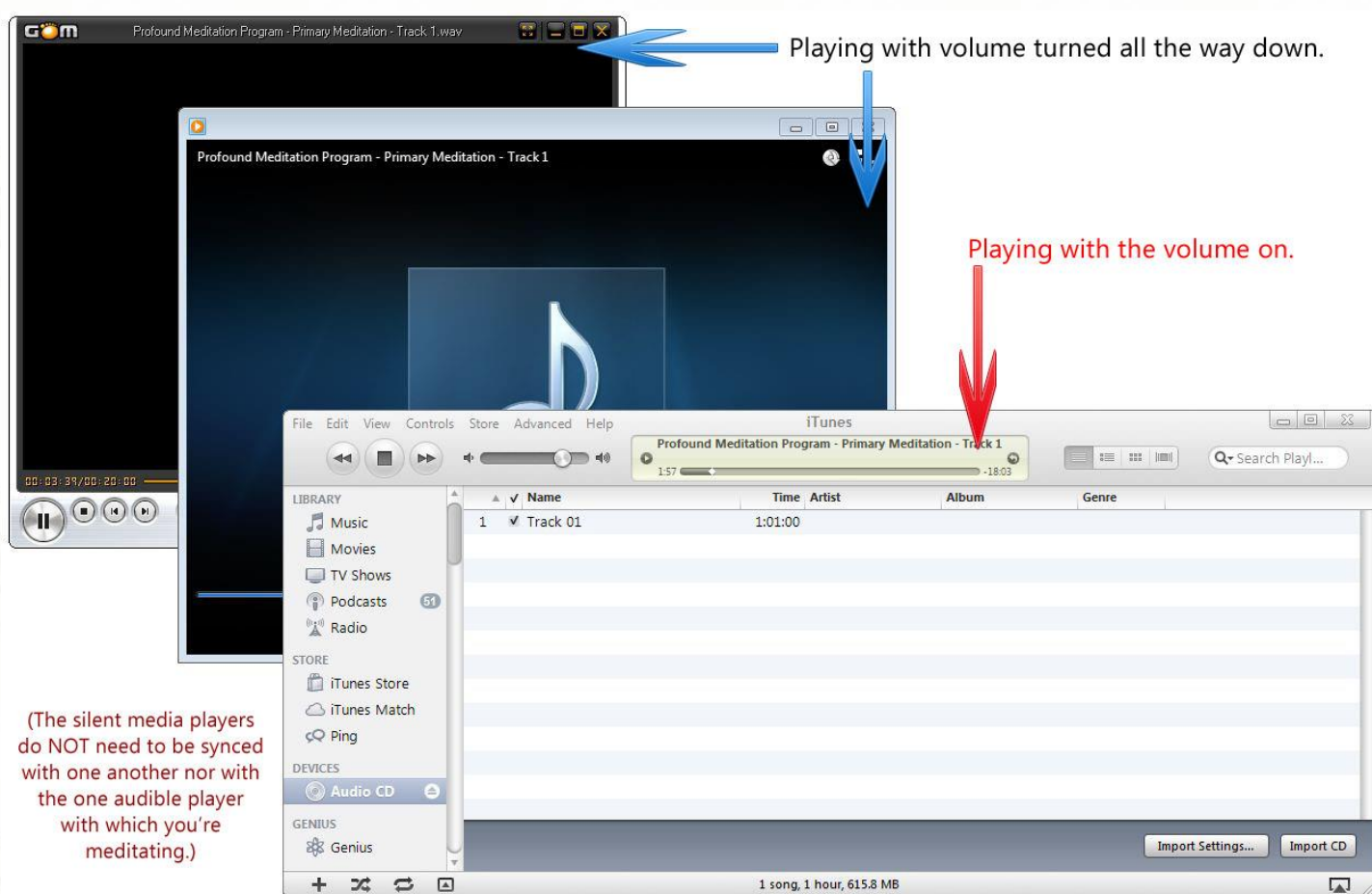


How You Can Easily Amplify the Biofield Transmission of BM

Silent Entrainment

You might find yourself in a situation when you'd like to enjoy the peaceful emanations of BM's biofield frequencies, but it's inappropriate to be wearing ear buds or listening to music. No problem! Simply place BM on "repeat" on your iPod, media player or Smartphone, then turn the volume down to zero and don't worry about using your ear buds at all. Carry it on your person, in a pocket. Due to the powerful biofield (subtle energetic) entrainment technology contained in BM, *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.

Amplifying the Biofield Transmission



It is possible to significantly amplify BM's (or any iAwake product's) biofield transmission using a number of different tools, some of which are free and readily available to most people in the West.

We recommend the following methods/variations of amplifying the biofield transmission:

- **Multiple Media Player Method:** Most laptops/pcs/macs have more than one media player (e.g., iTunes, Windows Media Player, RealPlayer, QuickTime, etc.). (Please find a list of free downloadable media players below.) Import Beginner's Mind into all of your media players.

Create a playlist in each media player for the track(s) you wish to play. Play the new playlists in each of your media players simultaneously, but with the volume turned all the way down in each of the media players. It may be hard to believe, but each of the BM tracks in the multiple media players will nonetheless emit a combined biofield transmission that is far more powerful than when playing one track by itself. The more you use, the more powerful will be the biofield. You can also leave the volume turned up on one of the media players, so you can use that track to meditate with.

- ✓ **Example:** Let's say you want to amplify the biofield transmission of BM. You would then import that CD or download into as many media players as you have and create a playlist for it in each media player. Now simply play that playlist in each player simultaneously (no need to worry about syncing them together, as their individual volumes will be turned down/off), but turn down the volume of each specific media player (except for the one you want to audibly play). That's it! You've amplified it! (Some media players allow you to do this in a single media player.)

The more you amplify the biofield, the more you will experience the properties and benefits of that specific biofield formulation. Please remember that these biofield energies can be intentionally aligned with to catalyze your spiritual practice and growth. For more information on this, please see the sections in this manual regarding the Biofield Technology and Releasing/Effortless EFT.

Free Downloadable Media Players

- ❖ iTunes - <http://www.apple.com/itunes/download/>
- ❖ Windows Media Player - <http://windows.microsoft.com/en-us/windows/products/windows-media-player>
- ❖ QuickTime - <http://www.apple.com/quicktime/download/>
- ❖ VLC Player – <http://videolan.org/>
- ❖ GOM Player – <http://player.gomlab.com/eng/download/>
- ❖ SongBird – <http://getsongbird.com/>
- ❖ Media Jukebox - <http://mediajukebox.com/>
- ❖ KM Player - <http://www.kmpmedia.net>
- ❖ Media Monkey – <http://www.mediamonkey.com/download/>
- ❖ RealPlayer - <http://www.real.com/realplayer>
- ❖ Rhapsody – <http://www.rhapsody.com/software>
- ❖ Winamp - <http://www.winamp.com/media-player/en>
- ❖ AVS Media Player - <http://www.avs4you.com/AVS-Media-Player.aspx>

iAwake Support Links



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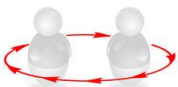
Profound Meditation Practitioners Forum:

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



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PROFOUND MEDITATION 3.0

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Ken Wilber—The Integral Vision

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