



iAwake
technologies

USER MANUAL

Eric Thompson iAwake Technologies



Digital Pills for the Brain



Digital Dreams



www.iawaketechnologies.com

Digital Pills for the Brain

User Manual

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

Disclaimer

The user of Digital Pills for the Brain, hereby referred to as DPB, 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 DPB as they are more susceptible to seizures.

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

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

In no case will iAwake Technologies, LLC or other distributors of the DPB 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.



Digital Coffee - an invigorating 20-min program that features:

- Nature sounds
- Deeply invigorating brainwave rhythms and biofield signals
- Sophisticated brainwave entrainment
- Beta brainwave patterns
- The energetic signatures of natural energy boosters, like:
 - ✓ Organic Arabica Coffee
 - ✓ Beta Brainwaves
 - ✓ Dopamine
 - ✓ Coca Leaves
 - ✓ Guarana
 - ✓ Astragalus

Use it to:

- Wake up effectively and enthusiastically without caffeine
- Give yourself a dramatic cognitive edge before any important task or performance
- Renew your energy during your lunch break
- Refresh your brain in between marathon study sessions

Digital Energy - an invigorating 20-min program that features:

- Nature sounds
- Deeply invigorating brainwave rhythms and biofield signals
- Sophisticated brainwave entrainment
- Gamma brainwave patterns
- The energetic signatures of natural energy boosters, like:
 - ✓ Beta Brainwaves
 - ✓ Dopamine
 - ✓ Coca Leaves
 - ✓ Guarana
 - ✓ Astragalus

Use it to:

- Effectively and enthusiastically maintain your afternoon energy without drinks or caffeine
- Give yourself a dramatic cognitive edge before any important task or performance
- Refresh your brain in between marathon study sessions

General Listening Instructions

- ✓ **Headphones are required for optimal results.**
- ✓ 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.
- ✓ **It is NOT recommended to listen to Digital Coffee and Digital Dreams more than 2 hours per day.**



Digital Dreams



Digital Chill - a deeply relaxing 20-min program that features:

- Mountain stream sounds
- Sophisticated brainwave entrainment
- Deeply relaxing brainwaves
- The energetic signatures of:
 - ✓ Theta Brainwaves
 - ✓ Endogenous Cannabinoids
 - ✓ Endogenous Opiates

Use it to:

- Chill out after a hard day at work
- Significantly reduce stress any time
- Prepare for stressful situations
- Release negative emotions

Digital Dreams - a deeply relaxing 20-min program that features:

- Mountain stream sounds
- Sophisticated brainwave entrainment
- Biofields of deep relaxation
- Brainwave patterns:
 - ✓ Beginning in Alpha
 - ✓ Descending into Delta
 - ✓ Inducing vivid Dream States

Use it to:

- Enter sleep states in minutes instead of hours
- Significantly reduce stress at bed time
- Clear your mind for deep sleep
- Release negative emotions

General Listening Instructions

- ✓ **Headphones are required for optimal results.**
- ✓ Sitting or lying down is fine.
- ✓ Allow yourself to be given over to the audio environment, which will increase the efficacy of your session.
- ✓ **It is NOT recommended to listen to Digital Chill and Digital Dreams more than 2 hours per day.**

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."

Compatible Players

WAV

- *Computer Media Players* – Windows Media Player (free); iTunes (free); SongBird (free at www.getsongbird.org)
- *MP3 Players* – Most MP3 players play WAV files.

APPLE LOSSLESS

- *Computer Media Players* – iTunes
- *MP3 Players* – iPod



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.

iAwake Support Links



Profound Meditation on Facebook:

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



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



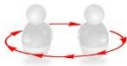
Profound Meditation Practitioners Forum:

<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:

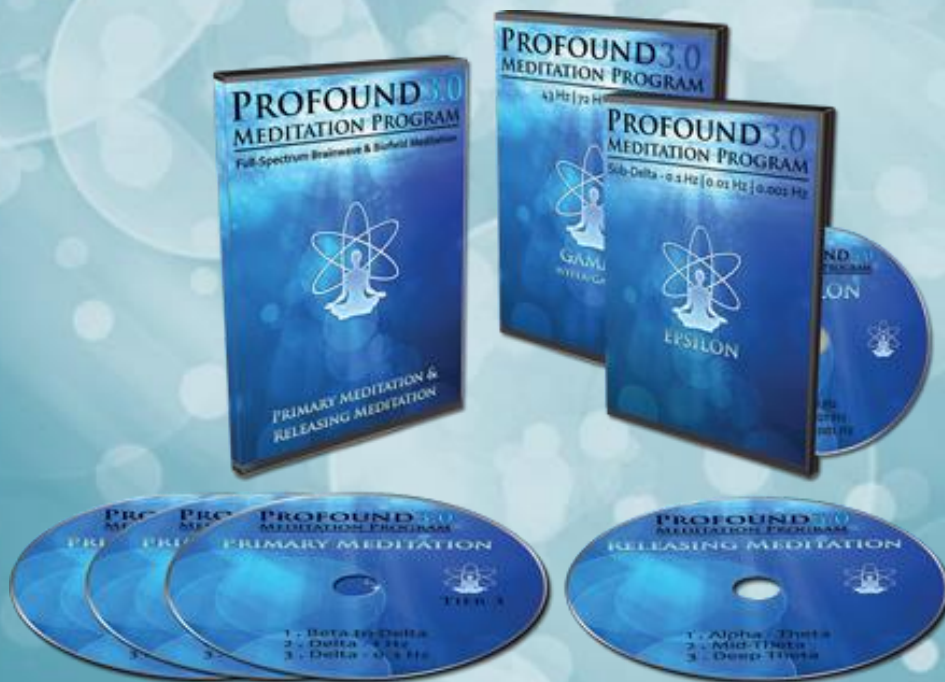
<http://www.iawaketechnologies.com/blog/>



Customer Support:

support@iawaketechnologies.com

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