

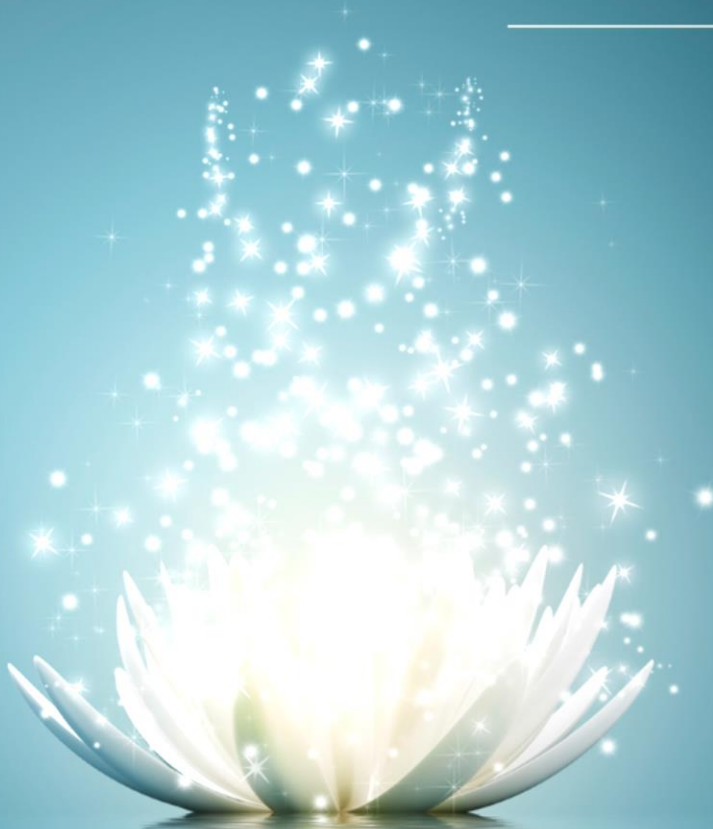


**iAwake Technologies**  
*Science Meets Stillness*  
iAwakeTechnologies.com

# NeuroFlow

advanced audio entrainment  
technology for focus,  
flow, relaxation and joy.

FOCUS  
CALM  
JOY



## DISCLAIMER

The user of the NeuroFlow (NF) 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, expressed 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 NF, as they are more susceptible to seizures.

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

The user of NF 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 NF.

In no case will iAwake Technologies, Integral Recovery or other distributors of NF 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:** We strongly recommend not converting NeuroFlow (NF) to a smaller MP3 format, because the increased MP3 compression will filter out a considerable amount of the entrainment power embedded in the high quality 320 kbps MP3 file. If you wish to burn them to a CD, burning them as a 320 kbps MP3 file 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 "MP3," then select "Custom," and set to 320 kbps.



### NOTE ON HEADPHONES

Although the NF tracks will work *without* headphones, using stereo headphones will always deliver the best entrainment experience. For optimal results, we recommend that NF be used with headphones that have a frequency response of 20 – 20,000 Hz. And, generally speaking, the use of over-the-ear headphones will tend to deliver better results than ear buds. Ear buds will work, but they usually fail to deliver as a full a spectrum of sound offered by over-the-ear headphones. While the following statement has not been verified, it is possible that high-end ear buds (e.g., \$100+) may work as well as over-the-ear headphones.



### Compatible Players

#### MP3

- *Compatible with all MP3 players.*



### IMPORTANT NOTE ON USING NF:

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 byproducts.



## Welcome to NeuroFlow

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### How to Listen to this Program



Headphones are recommended for optimal effect, **but not required**. Because of the embedded isochronic 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 entrainment signals encoded into the mix.



Allow yourself to be given over to the audio environment, which will increase the efficacy of your session.

#### NeuroFlow is for:

- Balanced, relaxed focus when you need to for work, for study, for play.
- Deeply relaxing after intense focus or to de-stress..or to just chill.
- Energizing, feeling good, getting “high”
- Generating creative flow for work, writing, art, expression
- Flowing with your life and your world in all its richness and possibility and aliveness.

#### You can easily use NeuroFlow and benefit from it while you:

- Work
- Surf the Internet
- Study
- Create music, art, literature, etc
- Do movement practices
- Meditate
- Relax alone or with friends
- Exercise or hike

#### CD 1

01 Focus (30 minutes)

02 Calm (30 minutes)

#### CD 2

03 Joy (30 minutes)

04 Create (20 minutes)

## CD1 01 FOCUS

Facilitates profound, balanced concentration and awareness.

- Brainwaves = Mid Alpha and Low Alpha (simultaneously)
- Biofield Frequencies = Alpha-Theta-Delta brainwaves, balance, deepened awareness, heightened intuition and insight
- Specially Designed Sinewave Proportions = Calm, centered focus

## 02 CALM

Facilitates deeply relaxed meditation.

- Brainwaves = Low Alpha
- Biofield Frequencies = Alpha-Theta brainwaves, deep relaxation, peacefulness
- Specially designed Sinewave Proportions = Uplifting calm and nervous system revitalization

## CD2 03 JOY

Facilitates a deep sense of invigoration and aliveness in meditation.

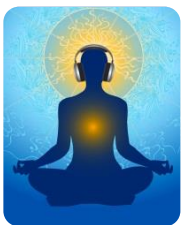
- Brainwaves = Beta and Gamma (simultaneously)
- Biofield Frequencies = High energy, euphoria, joy and enthusiasm
- Specially Designed Sinewave Proportions = Energizing and blissful

## 04 CREATE (from Gamma-Burst)

Facilitates enhanced creative energy, fast information processing, expression, flow, motivation

- Brainwaves = Beta to Gamma
- Biofield Frequencies includes = balancing, centering, energizing, grounding, openness, intuition, bliss

## The iAwake Entrainment Technology

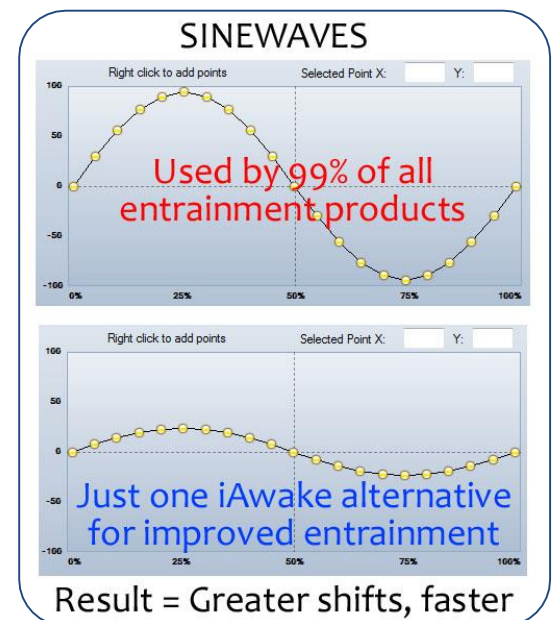


The iAwake Entrainment Technology represents an exciting new advancement in the neural and biofield entrainment experience.

The focus of this series is to facilitate deep focus and meditation.

NeuroFlow features:

- **Multiple brainwave patterns:** Ranging from Gamma and Beta (Track 3 – Joy) to High Alpha and High and Mid Theta (Tracks 1 and 2 – Focus and Calm).
  - **Advantage** – More closely matches your brain's natural frequencies.
  - **Benefit** – You experience very deep and focused meditative states *in a very natural way, without feeling forced or pushed.*



- **Powerful and exclusive biofield entrainment technology**
  - **Advantage #1** – Dramatically improves and complements the embedded audio entrainment.
  - **Advantage #2** – Work with or without headphones!
  - **Advantage #3** – Transcends many of the limitations inherent in audio entrainment technology.
  - **Advantage #4** – Can be amplified many times when played on PC or Mac (see the “Biofield Amplification Instructions” in the Table of Contents.
  - **Benefit #1** – *You experience very deep, ultra-quick, whole-body relaxation.*
  - **Benefit #2** – *You enter focused meditation more quickly and easily.*
- **Unique sinewave proportions** (rather than the 1:1 [amplitude to wavelength] ratio used by probably 99% of all entrainment companies)
  - **Advantage** – Based on empirical research showing that specific sinewave proportions have equally specific psycho-physical effects. (For example, one proportion tends to have a centering effect, while another proportion tends to energize.)
  - **Benefit** – *You experience greater, more focused shifts—faster.*
- **A sophisticated blend of both conventional and exclusive entrainment methods**
  - **Advantage #1** – Works well with or without headphones (though headphones will always deliver the highest entrainment experience).
  - **Advantage #2** – Entrained more neural activity than conventional methods.
  - **Advantage #3** – Does not diminish in effect with repeated use.
  - **Benefit** – *You experience profound, pleasurable entrainment **every time**.*
- **Mutli-textured 3D (holophonic) audio**
  - **Advantage** - Facilitates both deep relaxation AND focused attention (to keep the mind from dipping into non-attentive, dreamy states)
  - **Benefit** – *Deeply focused meditation.*

## 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.iawaketechnologies.com/biofield-technology-2>

### BIOFIELD LINKS

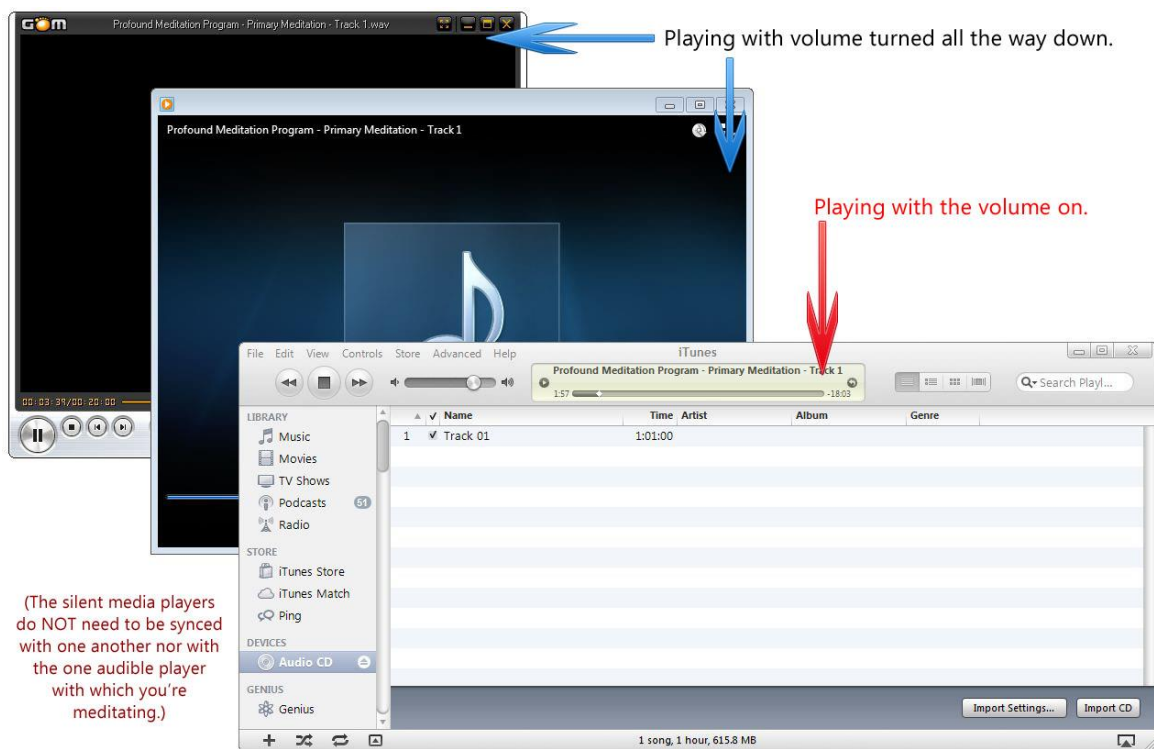
- An Introduction to Biofield Science
  - <http://www.iawaketechnologies.com/biofield-science>
  - ✓ Part 1 – Morphic Resonance
  - ✓ Part 2 – Scientific Evidence for a Connecting Matrix
  - ✓ Part 3 – Biofield Tech: Tapping into the Informational and Energetic Matrix
- Our Biofield Method - <http://www.iawaketechnologies.com/our-biofield-technology>
- Biofield Frequencies/Level of Consciousness Correlation Chart - <http://www.iawaketechnologies.com/biofield-chart>
- How You Can Easily Amplify the 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>

# How You Can Easily Amplify the Biofield Transmission

## Silent Entrainment

You might find yourself in a situation when you'd like to enjoy the peaceful emanations of NF's biofield frequencies, but it's inappropriate to be wearing ear buds or listening to music. No problem! Simply place NF on "repeat" on your smartphone or portable media player, 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 NF, *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 even if you don't, your body and biofield will still register and benefit from it nonetheless.

## Amplifying the Biofield Transmission



It is possible to significantly amplify any iAwake product's biofield transmission using a number of different tools. We recommend the following methods/variations of amplifying the biofield transmission:

- **Multiple Media Player Method:** Most laptops or desktop computers 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 NF 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 NF 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 NF. 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.kmplayer.com/forums/forumdisplay.php?f=25>
- 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



**Profound Meditation on Facebook:**

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



**Profound Meditation on Twitter:**

<https://twitter.com/iAwakeTeam>



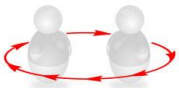
**Profound Meditation Practitioners Forum:**

<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](mailto: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](http://www.iawaketechologies.com)