



Science Meets Stillness

www.iawaketechnologies.com

PROFOUND MEDITATION PROGRAM

2.0

User Manual

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PROFOUND MEDITATION PROGRAM 2.0 User Manual

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

Disclaimer

The user of *Profound Meditation*, hereby referred to as **PM**, agrees that this CD 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 **PM** as they are more susceptible to seizures.

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

The user of **PM** assumes all risks in using SH, 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 **PM**.

In no case will iAwake Technologies, LLC or other distributors of **PM** 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 Boulder, Colorado 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.



What Is Profound Meditation with iNET?

The ***Profound Meditation*** sessions are a series of precise frequencies that have been carefully arranged in such a way as to facilitate profound meditation and produce long-term beneficial effects when used regularly.

Headphones are required for maximum benefit.

NOTE: In order to fully capture the full carrier frequency spectrum used in the iNET process, we recommend using headphones with a frequency response of 20 – 20,000 Hz.

These recordings are best listened to at the highest **COMFORTABLE** volume, with your eyes closed and in a sitting position. While entrainment is generally more effective at higher volumes, please be aware that excess volume can trigger the “fight-or-flight” response of the sympathetic nervous system, and thus inhibit optimal relaxation.

As with physical exercise, it is important to train your brain every day. The more you use these recordings (within the limits of the instructions), the more positive changes you will manifest. The more consistent you are in allowing *Profound Meditation* to exercise your brain, the more profound the results you will witness. *Plus, after about a month of daily use, the brain begins to integrate the new capacities it has gained.*

Profound Meditation utilizes a unique form of brainwave entrainment to rhythmically induce healthy brainwaves through the use of pulsed sound and embedded energetic frequencies. Brainwave research has discovered specific brainwave patterns that help facilitate highly focused mental states, optimal brain functioning, uncommonly deep meditation, improved wellbeing and dramatic attitudinal and behavioral changes.

As you listen to ***Profound Meditation*** your brain will be ***precision-tuned*** to the deep Delta brainwave patterns found in remarkably deep meditation.

File Information For Optimal Entrainment Results

NOTE: We strongly recommend not converting these tracks to MP3 format, because the MP3 compression will filter out a considerable amount of the entrainment power embedded in the high quality WAV file or Apple Lossless file. If you wish to burn them to a CD, burning them as WAV files or Apple Lossless 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."

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

Customizable Session Lengths

- Sessions can be customized to 20-, 40-, 60- and 80-minute lengths to best fit your schedule.
- Tracks 1, 2 and 3 are 20 minutes each.
- Listening to all three tracks in succession will result in a 60-minute session.

Targeted Brainwave Patterns



IMPORTANT NOTES:

1. Although simply by listening to the Profound Meditation 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.
2. 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.

General Listening Instructions

(Please read these instructions entirely before using. You'll be glad you did :-)

- ✓ Headphones are required.
- ✓ Schedule a time every day. This will help your mind/body to come to expect its use and accept your listening as a "habit" that will be easier to maintain. First thing in the morning and before the evening meal is ideal.
- ✓ 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. However, if you are a practitioner of eyes-open meditation (such as Zen or Shamatha), please continue listening with eyes open.
- ✓ Allow yourself to be given over to the audio environment, which will deepen your meditation.
- ✓ **It is NOT recommended to listen to Profound Meditation more than 2 hours per day.**
- ✓ **IMPORTANT:** After each session, allow 1- 5 minutes to ease back into your day. Be sure to anchor your deepened awareness and devotion 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 with you wherever you go.

Listening Schedule Guidelines

The following instructions are intended as guidelines only. For optimal results, let your own intuition and personal experience guide you in how to best mix and match the Primary Meditation tracks and Releasing tracks to create a transformational spiritual practice that best meets your needs (within the confines of the instructions and guidelines offered).

Because the tracks can be powerful for beginners, we recommend beginning by listening to Track 1 once daily for a day or two to up to three weeks. Gauge your response after the first session or two. If you feel like you are ready for more, then begin using tracks 1 & 2, gradually working up to a full hour of daily practice. Take your time. You'll know when you've hit upon the right listening schedule, because you'll notice significant improvements in your mood, attention and overall well-being. You'll also feel an exciting but comfortable "push" that energizes you to live at a higher level.

The key is to maintain a meditation schedule that feels really good, while allowing your comfort level to be stretched just a little bit. Keep it fun. The full effect is best achieved when you have a daily practice of listening to Profound Meditation an hour a day. Some people, depending on their schedule, will listen to the first 2 tracks in the morning and the third track in the early evening. Make this technology work for you and for your schedule. Feel free to comment on what works for you in the [Forum](#) on the Profound Meditation website.

The PMP tracks are powerful enough that each one can entrain your brain to the targeted brainwave pattern even if the previous track is not played immediately before. With many other entrainment programs it is necessary to first listen to, say, an Alpha track that descends from Beta before listening to a Theta and Delta track. This is required with some other programs because the entrainment stimulus is limited in its efficacy and depends in part on its ability to first entrain neurological activity in the Beta bandwidth (since this pattern dominates waking consciousness) and slow it down by gradually moving from Beta through Alpha, Theta and Delta in a linear manner. With PMP 2.0, however, this is no longer necessary, due to its increased entrainment efficacy.

As such, PMP participants now have the freedom to listen to 40 minutes in the morning (i.e., tracks 1 and 2) and 20 minutes in the evening (track 3) if they wish. Of course, 20 min in the morning, 20 min in the afternoon, and 20 min in the evening is also a valid option.

General Meditation Instructions

- Close your eyes and lift them ever so slightly upward to the point between your eyebrows, and allow them to rest there comfortably, without strain. They don't have to be raised too high.
- If you notice your eyes fluttering, then simply relax your gaze and allow your eyes to find their natural and most balanced gaze at the point between the eyebrows. It should be relatively effortless, but if you notice after awhile that your focus has waned, you'll want to be sure to softly bring your eyes back to gaze at the point between the eyebrows.
- Actually, you just want to be sure that your eyes are closed. They don't necessarily have to gaze on the point between the eyebrows, but this is a general meditative posture that has helped many people move deeper into meditation.
- 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 deeper into meditation.
- These glands also release hormones which are conducive to health and healing.
- After you've been able to keep your attention here for awhile, 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.

Taking Your Meditations Deeper

Listed below are some simple but quite powerful ways of deepening your meditations:

- **Meta-Awareness:** Can you allow yourself to become aware of your awareness? In basic witnessing practice, you learn to witness your thoughts, feelings and emotions. The next step is to become aware of non-thought, the bare awareness out of which thought arises. Simply shift your awareness to become aware of the sense of *presence* that is aware. What is aware of being aware?
- **Opening of the Heart:** What inspires devotion in your heart? Is it God, Goddess, Spirit, evolution, "Big Heart", Love, the universe? Whatever it is, you can allow it to deepen your spiritual devotion and connection to your heart simply by silently repeating, "I am open to receive," while simultaneously imagining yourself "breathing" Spirit into your heart and your heart expanding. Rather than repeating it as a mantra, however, just repeat it as your heart leads. This engages you at an uncommonly deep level to not only evolve in consciousness, but to grow in your commitment to surrender the ego in selfless service as well. Another way to tap into the power of the heart is to allow yourself to emit deep feelings of gratitude and love for the object of your devotion.
- **Self-Inquiry:** Turn your attention inward and become aware of the sense of "I AM" that seems to be aware. From what or where does this sense of "I" arise? Ask yourself, "Who or what am I?" What, exactly, is this "I AM-ness"?
- **End Your Meditations with a Blessing:** At the end of your meditation, when you are in deep states of consciousness, it is very beneficial to offer a silent, heart-felt blessing to your loved ones, friends, teachers, world leaders, and the suffering world in general. As you do so, the deeper layers of your being are imprinted with the compassionate embrace with which you reach out to the world. The more you practice this, both in meditation and during the day, the more connected you become to the world around you, and the more available you become to the evolutionary impulse of selfless service.



Introduction to the “Release” Tracks

These tracks are designed to be used as alternative meditations to the main meditation tracks in the iNET system. They are designed to work with your own natural recovery cycles, because your body, brain and nervous system have their own unique cyclic rhythm with which they respond to stimuli in order to adapt.

Stimulation: The Primary Meditation tracks deliver powerful stimulation to your brain and nervous system, which in turn triggers them to adapt to the ongoing stimuli.

Entropy: Because iNET is designed to gently push your brain to higher levels of functioning, you will immediately notice positive improvements in your mood, focus, energy, optimism and sense of wellbeing. This is due, in part, to the powerful carrier frequencies we are using.

However, your nervous system’s ability to adapt to such stimulation oscillates in a “high-to-low-to-high-to-low” fashion (much like a sine wave). Its highest capacity to adapt to the stimulus exists at the peak of the oscillation cycle, and it is least able to adapt in the valley of the cycle.

iNET gently drives your nervous system to reach its peak adaptation capacity much more quickly than conventional entrainment systems. But because your nervous system does not naturally operate at its peak level indefinitely, continued use of the iNET stimulus will begin to generate *entropy*—excess energetic build-up, and this is generally experienced as a sense of agitation and overwhelm. While overwhelm can be a good place to be (since it can foreshadow a bifurcation—a breakthrough; that is, a reconfiguration to a higher level of functioning), its prolongation can also have detrimental effects.

Frankly, from our experience, growth and development do not have to be arduous. In fact, most, if not all, difficulty and pain derive from our unconscious *resistance* to growth. If we become *conscious* of that resistance and *release* it, growth becomes ***easy, effortless and enjoyable.***

Release: As previously mentioned, the experience of entropy as overwhelm indicates that we are resisting growth and expansion at some level. And when we, through willingness and conscious awareness, are able to gaze into the root of the resistance (which may or may not be accompanied by an intellectual understanding of what constitutes the resistance) and spontaneously release it, a higher order and deeper sense of wellbeing naturally emerge in our lives.

PMP's "Release" tracks are designed to facilitate such willingness, openness, awareness and spontaneous freedom. The result is a profound sense of release and renewal. In combination with the main meditation tracks, they comprise a system designed to be custom-shaped to your own natural recovery cycles. One of the major keys to the success of this system, as such, is the development of your own intuitive awareness regarding your growth and recovery cycles, which will grow keener as you use the system.

How to Use the "Release" Tracks

- Use them whenever you are feeling PMP is "pushing" you a bit too much. Their use is generally meant to be as an alternative to the main meditation tracks. So, when you are not using the main meditation tracks, you can use the Release tracks.
- Generally speaking, when you reach a consistent sense of overwhelm that lasts for several days, it is time to switch to the Release tracks for at least one to three weeks, after which time you may resume using the main meditation tracks. Allow your intuition to guide you in this process.
- If you desire an additional half-hour- or hour-long meditation *in addition to* the main meditation tracks, you may use the Release tracks as a second meditation. For example, you might listen to the main meditation tracks in the morning, and listen to the Release tracks as a meditation in the evening. We do, however, ask you to not overdo it, as such a schedule could possibly deliver more stimulation than you are easily able to integrate.

- Listen to them in the same meditative posture that you would the main meditation tracks.
- The deep sense of bliss and renewal will be immediate after listening, but they will also grow over a period of days during your use, especially as you relax into releasing.
- Accompanying the immediate sense of renewal 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 simply 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.



Facilitating Deep Release

The following are simple but penetrating insights into releasing the chains that bind you:

- First, 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 prolongation 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.
- 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.



How the “Release” Tracks are Designed

The release tracks contain subtle energy matrices optimized for deep relaxation. They also utilize a form of *spatial* entrainment, which almost imperceptibly pans back and forth between the left and right stereo channels, providing bilateral stimulation to the brain. And, as in EMDR (eye movement desensitization reprocessing), we believe this bilateral stimulation helps to free up more of the brain’s resources for healthier processing.

Release1: spends its time in phase synchronous alpha, the presence of which has been associated with spontaneous forgiveness, and the absence of which has been correlated with emotional repression. In neurofeedback-assisted meditation, alpha is considered a bridge to the unconscious. It is also correlated with serotonin release.

Release1 evokes phase synchronous, deep alpha activity, which is experienced as immensely relaxing, soothing and blissful. By spending a full half-hour in this phase-synchronous (i.e., high-amplitude, powerful) alpha pattern, your releasing and forgiveness work (which you can gently practice during the meditation) will spontaneously deepen, more or less effortlessly.

Release2: evokes phase-synchronous, theta wave activity, which is experienced as profoundly ecstatic and freeing. This session can facilitate visionary shamanic states of consciousness, the release of endogenous opioids (endorphins, etc.), and dramatic attitudinal and behavioral changes.

Release3: evokes deep, euphoric theta patterns.

You will feel the deepening of these states throughout the day, even hours after finishing the meditation. Joy, enthusiasm and optimism will naturally emerge. And the growing sense of feeling safe and willing to face your deepest issues will become so strong, that you’ll soon find yourself gratefully releasing with more and more ease, until it comes more or less effortlessly.

Easy – Effortless - Enjoyable

PROFOUND MEDITATION PROGRAM

2.0

What Makes Profound Meditation Different From Other Entrainment Programs?

The iNET Process (Integrated Neural Entrainment Technology)

The proprietary iNET process envelops brainwave activity, strategically guiding it toward transformative states of consciousness. Rather than embedding simple binaural frequencies into a nature soundtrack, iNET influences neurological activity through a multi-layered approach that combines numerous brainwave entrainment strategies (one of which is original and exclusive to iAwake Technologies) with breakthroughs in energy psychology.

Conventional brainwave entrainment (BWE) works because its rhythmic pulses are able, at least to some degree, to attract the brain's neural firing rhythms into its own rhythmic train of influence. However, because brain waves and neurological processes are essentially *nonlinear* and *dynamic*, the entrainment signal generated by conventional forms of entrainment (e.g., binaural, isochronic and monaural beats) is severely limited in its capacity to engage the brain's neuro-electrical modulations into its own series of oscillations.

The iNET process significantly improves the efficiency of BWE by seamlessly integrating **multiple** entrainment methodologies into a *synergistic and powerful whole*, thereby captivating more of the brain's dynamic flows to produce phase synchronous brain waves and deep states of meditation. This results in a profoundly blissful and transformative experience.

The first five entrainment methods address the rhythmic aspect of entrainment, followed by three methods which concentrate on adding intensity and energetic invigoration, and the ninth method uses high-frequency modulations to both compliment the BWE signals and produce certain aspects of the Tomatis Effect in record time.

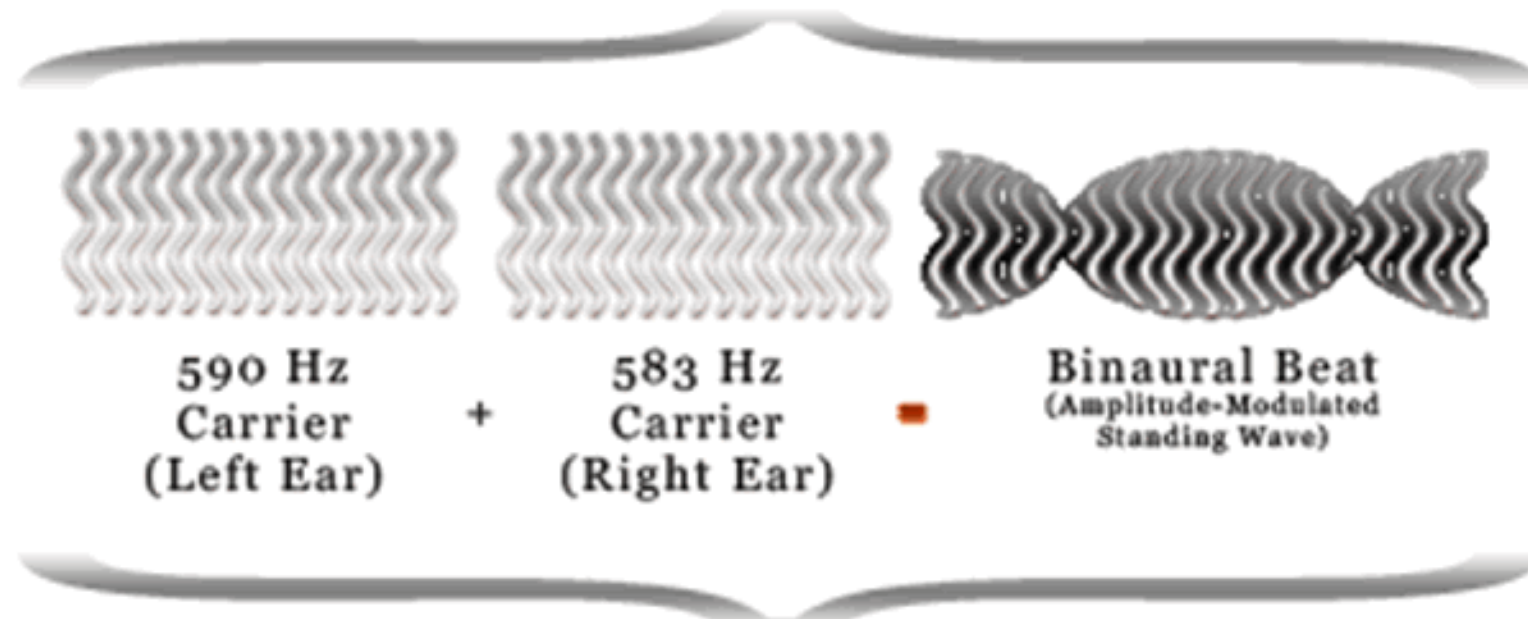
The nine entrainment methodologies are:

1) Exhaustive Binaural Encoding:

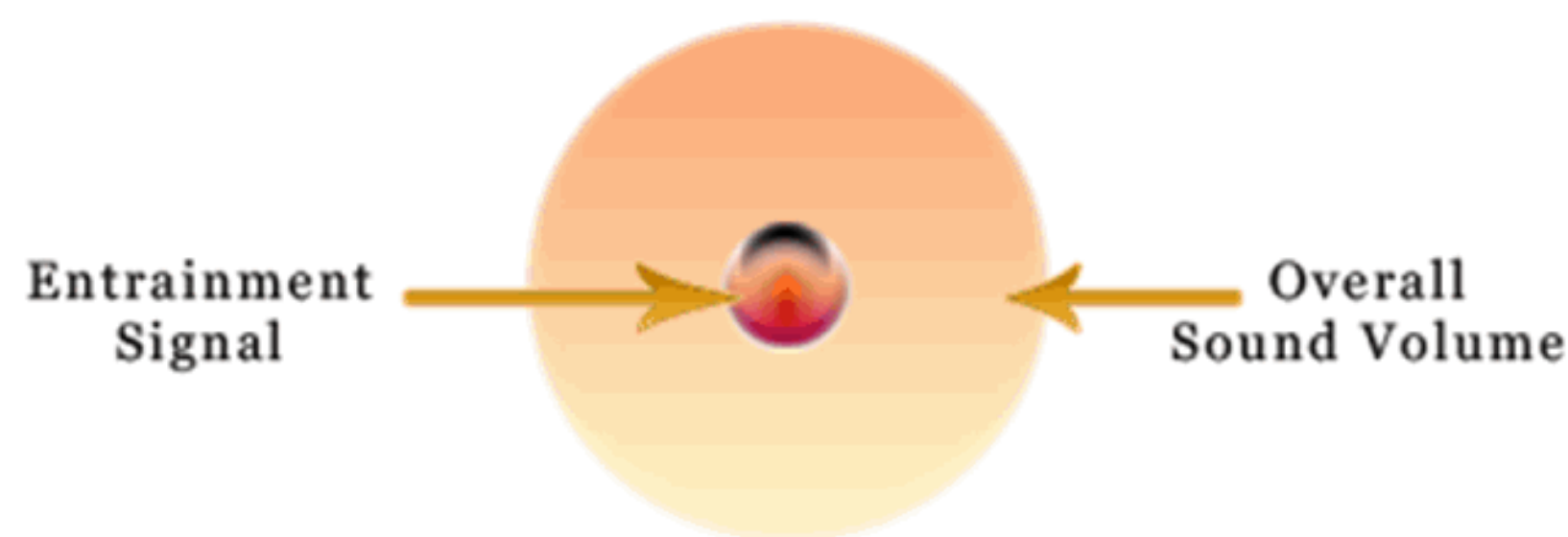
Virtually every sound in the Profound Meditation soundtrack is binaurally encoded - even the mountain stream sounds, whereas most entrainment tracks superimpose nature soundtracks over the binaural signals (heard as low, monotonous tones in the background), so that the only entrainment signals are coming from the two tones *and nothing else*.

CONVENTIONAL "BINAURAL BEAT" METHODOLOGY

NATURE OR MUSIC SOUNDTRACK
(Superimposed over the binaural carrier tones)



RATIO



Improving upon the conventional binaural technologies used by the majority of the BWE industry, the iNET process uses virtually any and every sound in the soundtrack as the entrainment carrier by strategically juxtaposing the left and right stereo channels in relationship to one another.

This in turn produces a much stronger binaural signal, effectively transforming the entire soundtrack into a persuasive entrainment beacon.

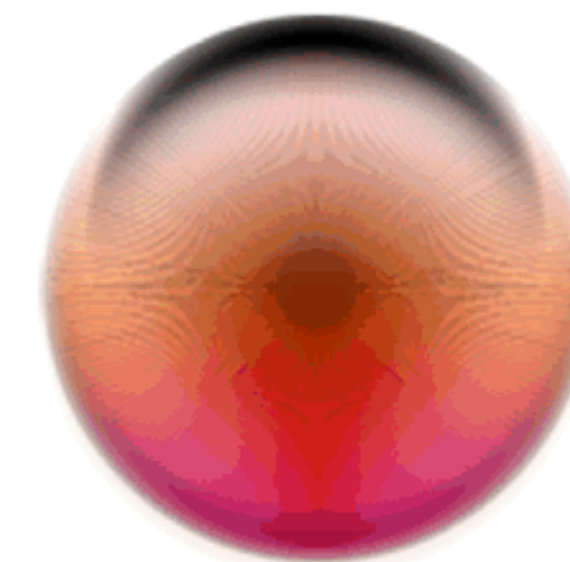
THE INET APPROACH TO BINAURAL BEATS



(Left Ear) Pitch Adjustment + (Right Ear) Pitch Adjustment = Binaural Beat
(The entire soundtrack becomes an all-pervasive entrainment signal.)

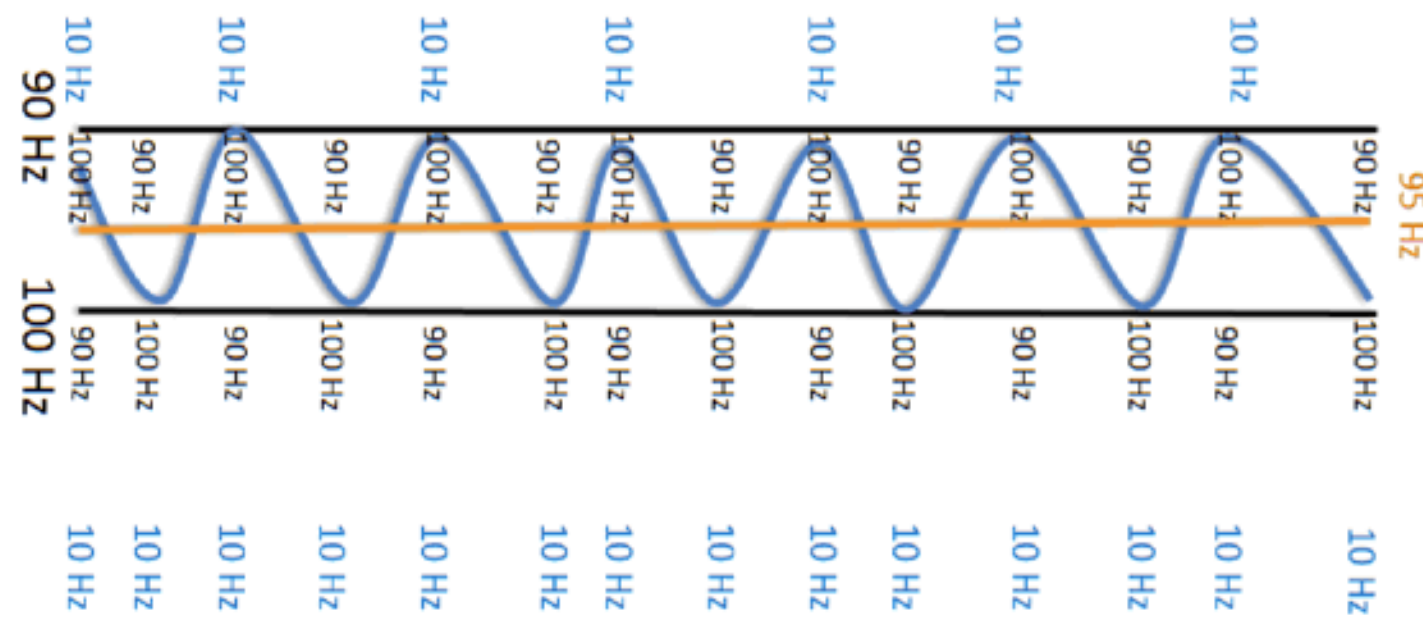
(4 Hz difference)

RATIO



2) Dual Pulse Binaural Signals:

iNET uses a brand new and exclusive form of binaural signal that combines the power of binaural entrainment and isochronic entrainment into a unified signal. This method produces a much more persuasive entrainment signal.



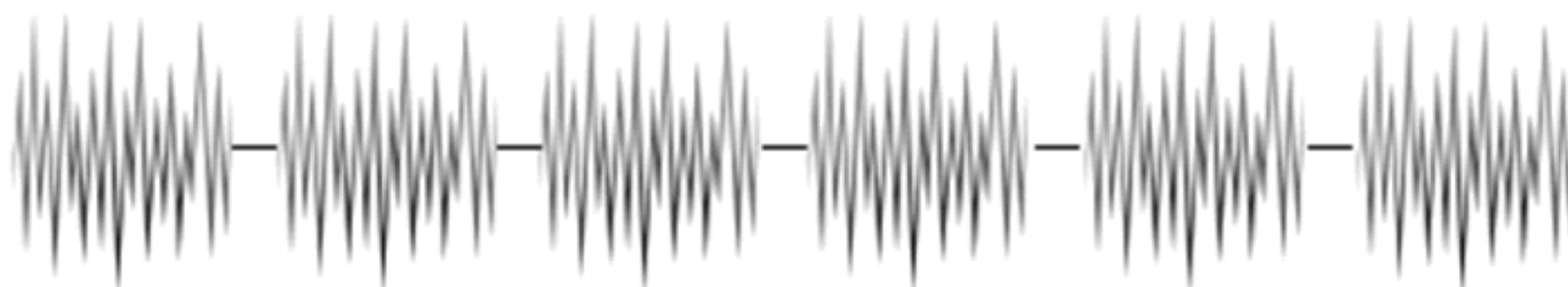
3) Harmonic Layering:

Multiple binaural signals are harmonically layered to create a more effective entrainment stimulus.

4) Rhythmic Entrainment:

By precisely and rhythmically modulating various audio parameters (e.g., volume, panning, etc.), additional layers of entrainment are produced. And when combined with the binaurally encoded sound source, the entrainment effect is much more pronounced.

RHYTHMIC ENTRAINMENT



5) Temporal Entrainment:

By altering the pitch and tempo of virtually every sound to rise and fall in perfect step with the binaural and rhythmic signals, entrainment is further enhanced. This acts as a natural pacing technology, slowly relaxing breathing and heart rate as well.

Because the body naturally synchronizes to its surrounding environment (which includes musical environments), the body and brain both detect the subtle tempo and pitch changes in the soundtrack. This affects a shift in autonomic nervous system functioning, which in turn deeply compliments the neural entrainment signals generated binaurally and rhythmically.

Breathing and heart rate significantly slow down in direct response to this stimulus, and the more efficient heart rate now influences brain rhythms through increased electromagnetic coherence.

INET'S APPROACH TO TEMPORAL ENTRAINMENT

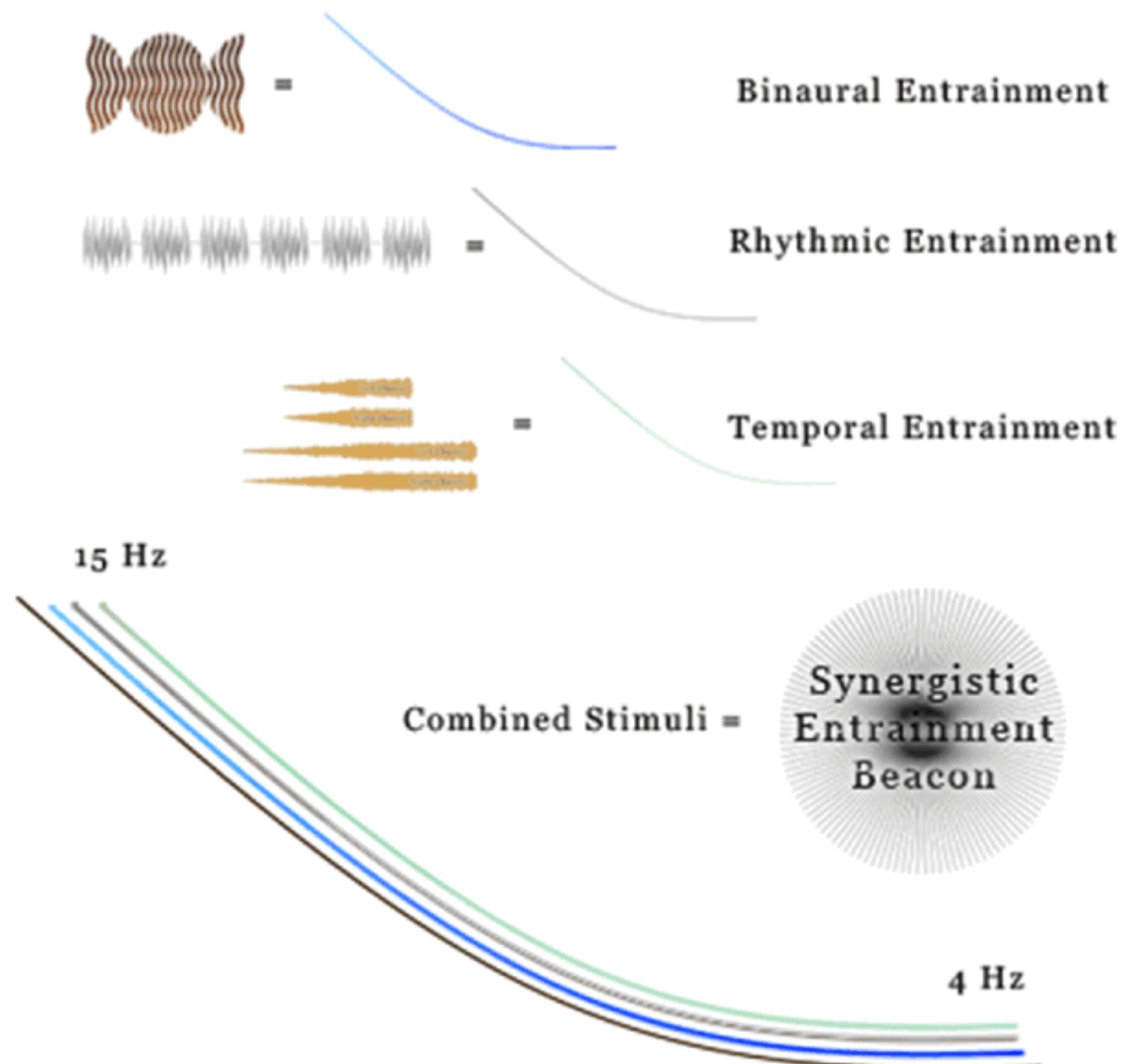
Original Sound Source



Original Sound Source Stretched



THE INET MEASURED ENTRAINMENT SIGNAL



6) Energetic Entrainment:

Uplifting and blissful subtle energy frequencies are embedded in the soundtrack in an envelope of white noise through the use of energy medicine technology. The result is a subtle but enlivening, tingling bodily feeling, much like an endorphin high, at the end of each session. In fact, you'll feel the effects long after each listening session, because the energy continues to interact with your biofield.

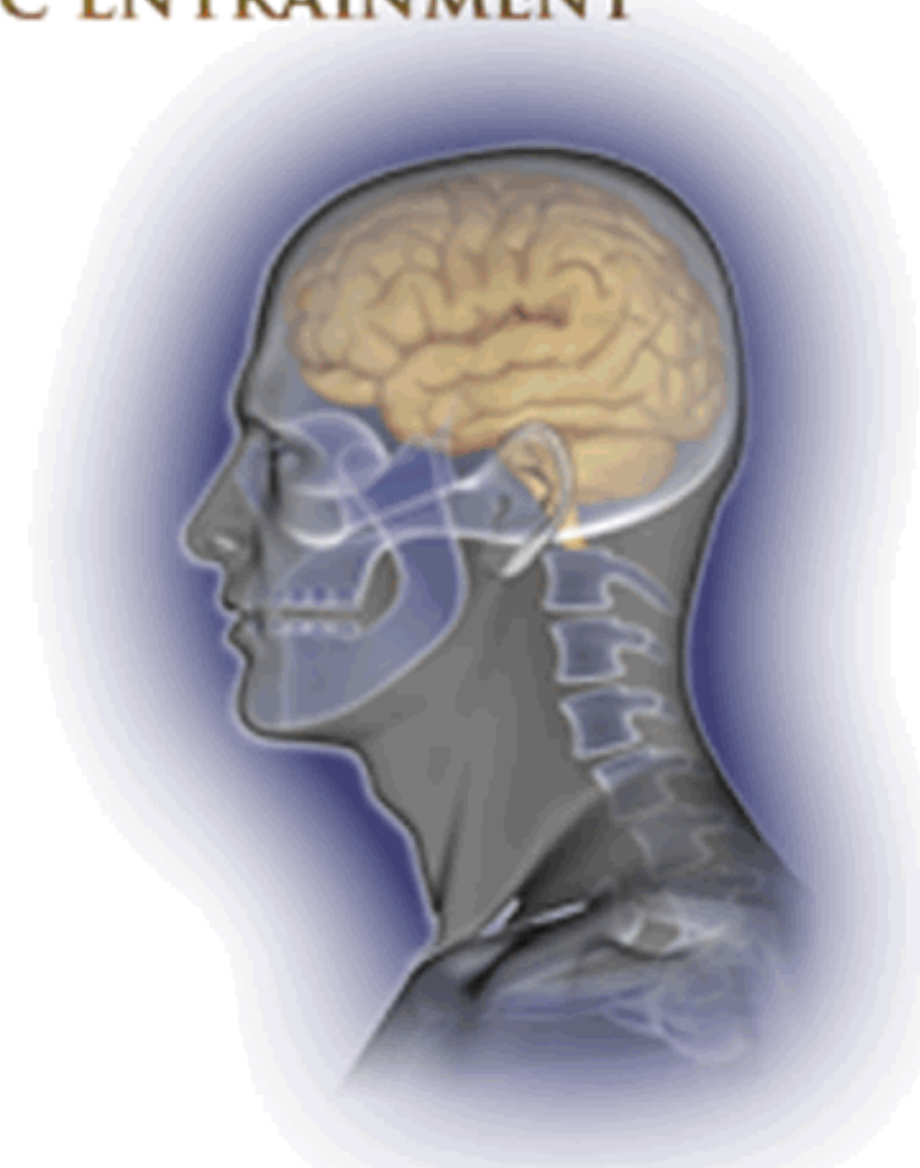
This layer of energy entrainment, which increases the flow of chi (life force), is experienced as profound relaxation, release and bliss. And this elated feeling permeates the entire body, growing with you throughout the day.

INET: BRAINWAVE ENTRAINMENT VS ENERGETIC ENTRAINMENT



Brainwave Entrainment

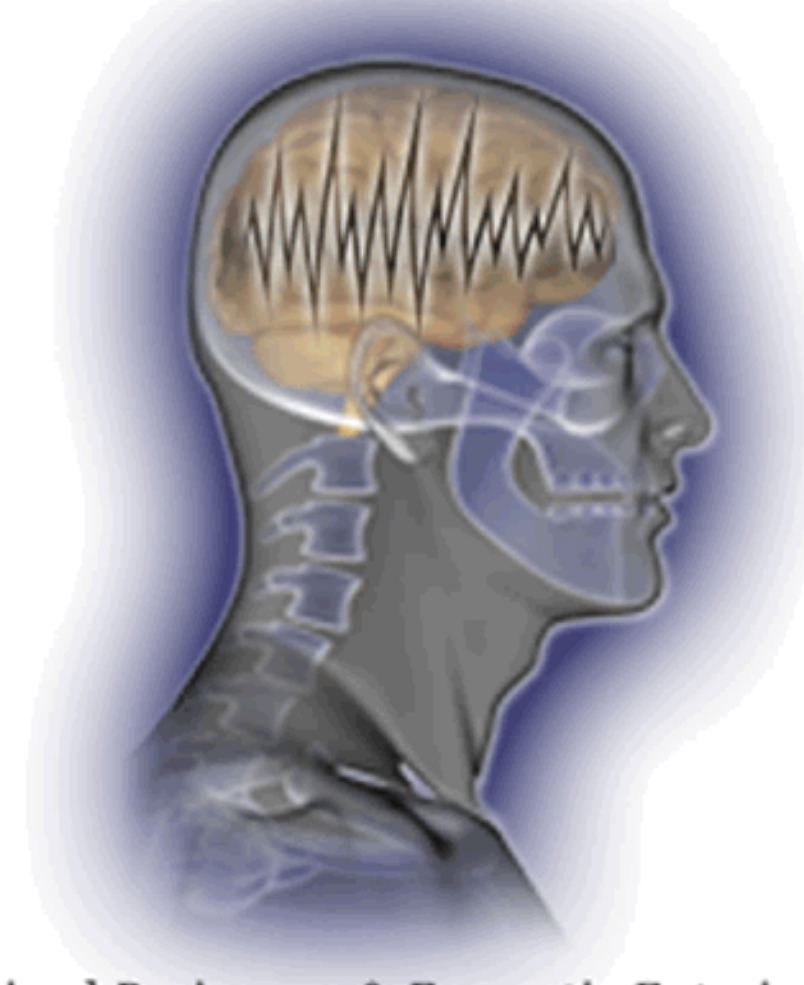
Focuses primarily on brain stimulation, which has a cumulative effect on the biofield.



Energetic Entrainment

Focuses primarily on strengthening the biofield, which has a cumulative effect on brainwaves.

THE INET APPROACH



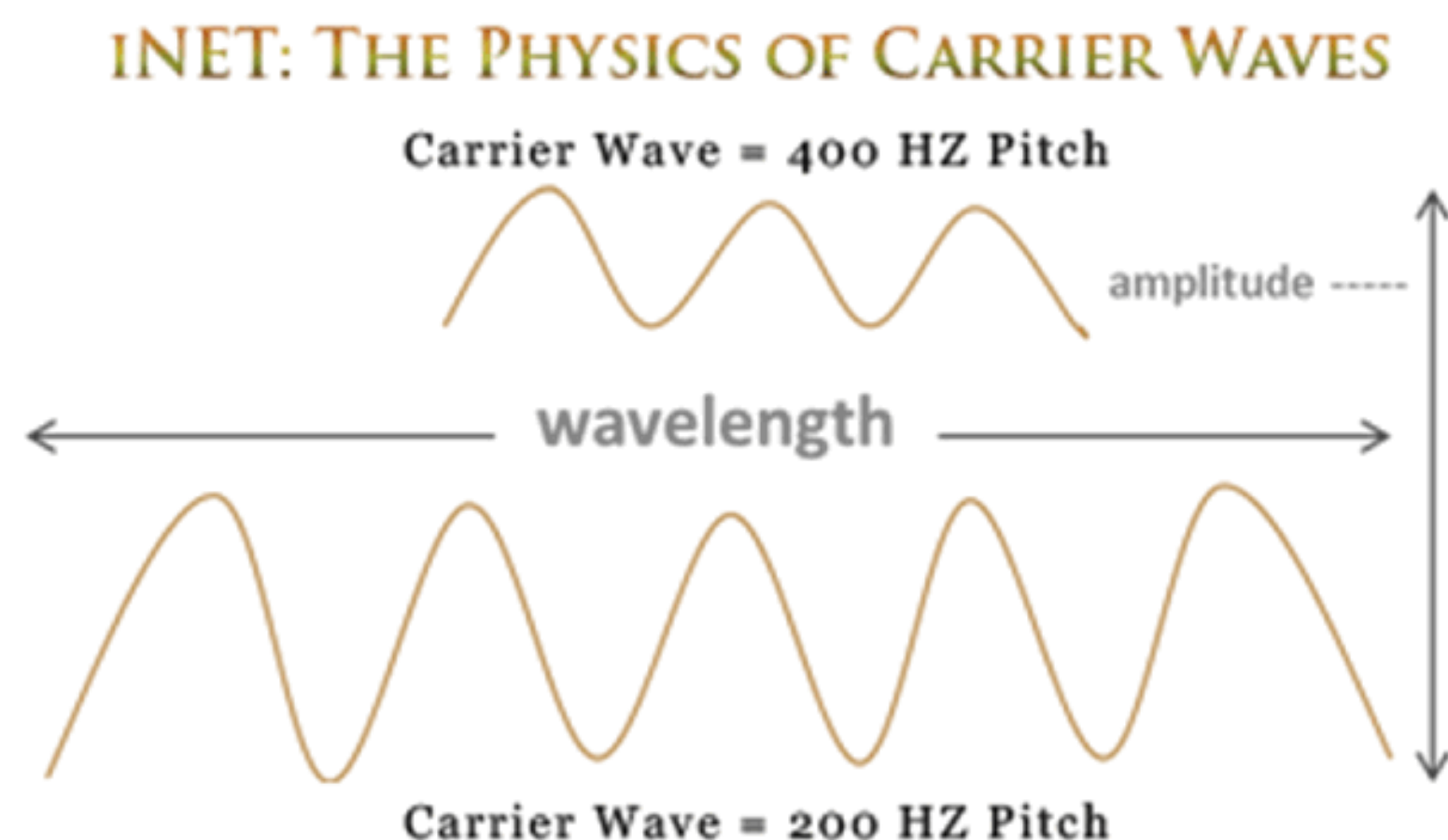
Combined Brainwave & Energetic Entrainment

The brain and biofield are stimulated simultaneously, for an invigorating, energizing effect.

7) Carrier Wave Therapy:

Some successful entrainment companies employ the carrier frequency, which is used to deliver the binaural beat frequency, as an additional means of stimulating the brain during entrainment sessions. This is typically done by progressively lowering the pitch of the carrier frequency.

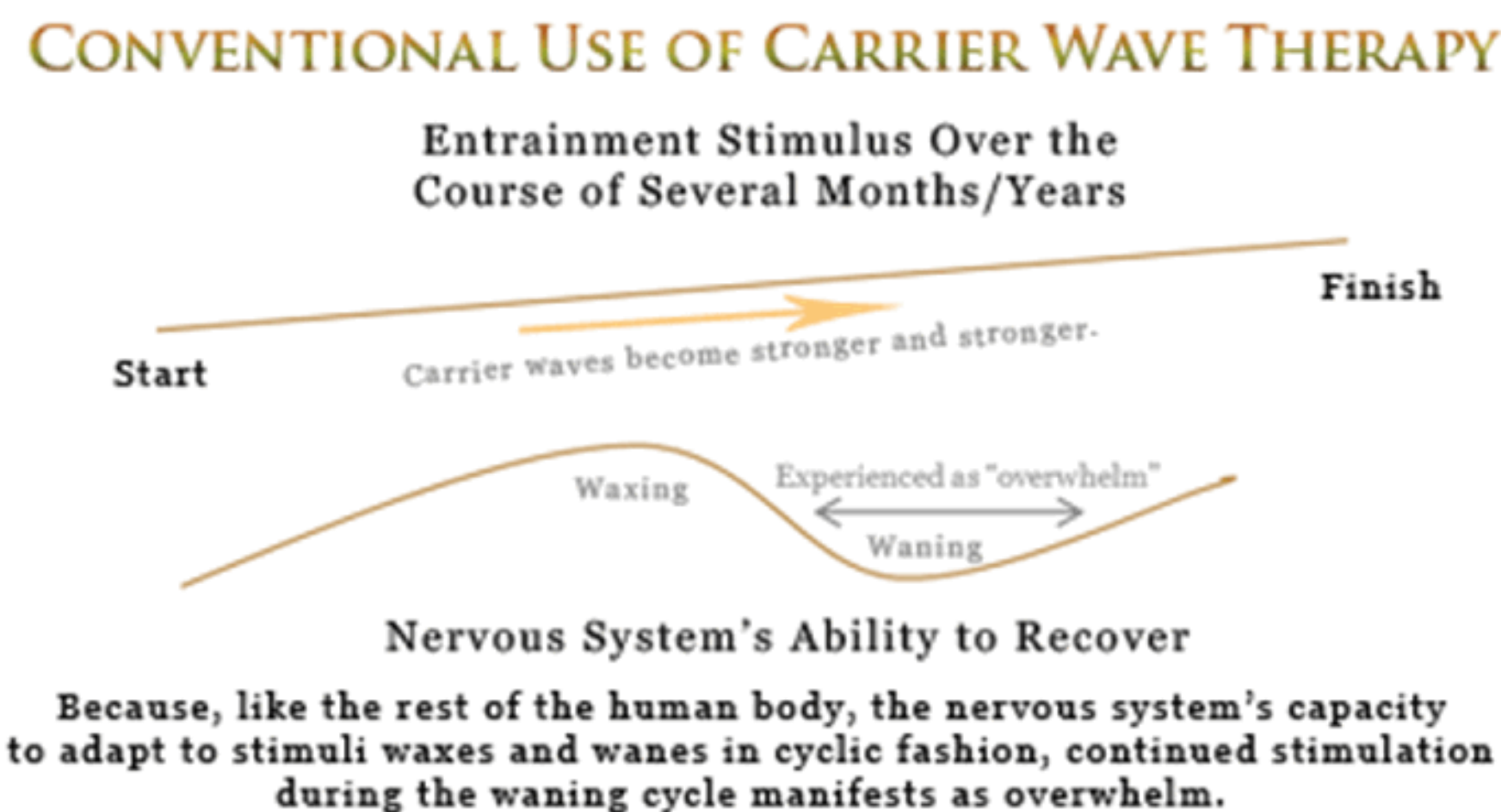
The reason amplitude and stimulation become greater as the carrier frequency is lowered is because, as the base pitch used to carry the entrainment signal lowers, both the *length* and the *height* (i.e., the distance between the valleys and troughs - the **amplitude**) of the carrier wave increase. This in turn delivers more energy, which in turn literally bounces off of the curvature of the inside of the skull, until it becomes an **amplitude-modulated standing wave** - *the binaural beat*. This approach is tantamount to using sound as energy medicine.



The carrier frequencies used by iNET, which modulate the amplitude (or power) of the entrainment signal, range from entry-level stimulation to very advanced stages of neurological stimulation. The aim is to offer the same amplitude-modulated therapy that a few other entrainment products do, but in a manner that is both quicker and gentler. It is also important to state that, by utilizing this methodology, iNET facilitates in months what used to take *years*, and **without the need to continue purchasing higher and higher levels of the program**.

Listeners will experience a wide range of carrier frequencies, but administered in smaller doses, so as to allow a stress threshold expansion that not only emerges more quickly, but is less overwhelming as well. The term 'stress threshold expansion' here refers to the extending of the nervous system's capacity to easily handle the kinds of stressful situations which once overwhelmed it.

The illustration below demonstrates the cycle we believe that best fits the methodology used by a few notable entrainment companies:



Notice how the stimulus and recovery cycles are out of sync, so that, when the nervous system (as well as all of the bodily systems which support the nervous system) is least able to recover, the stimulus nonetheless continues at full volume. It is precisely this pattern, we believe, that produces the often unnecessarily prolonged overwhelm in programs used by such methodologies.

DYNAMIC ADAPTIVE BALANCE

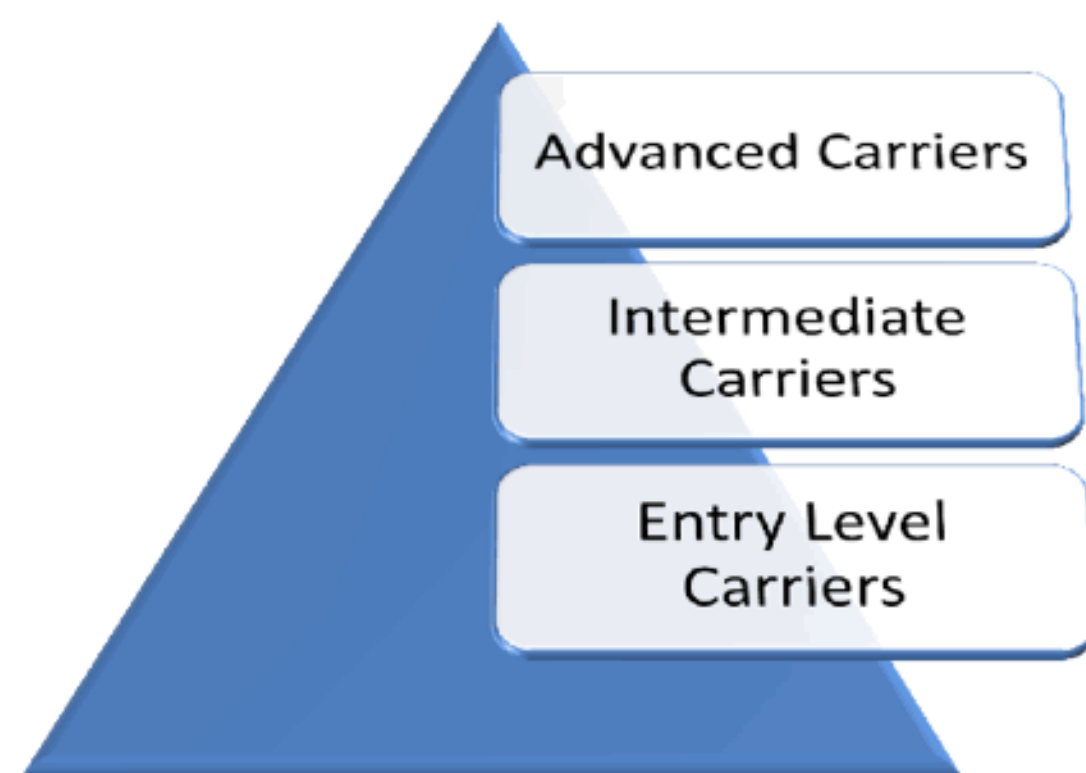
iNET improves on the above-mentioned methodology by establishing an *adaptive balance* between the stimulation (yang) and recovery (yin) cycles. This dynamic balance - or HARMONY - is established in two stages:

Stage 1 - OPTIMAL STIMULATION: Advanced Carrier Waves in the Primary Meditation tracks

The Primary Meditation tracks begin with entry-level carriers, and end with very advanced and powerful carrier waves, nearing the very bottom of the human audible hearing spectrum.

By using the pyramid model, the most powerful carriers are present for the shortest periods of time, as compared to the other carriers.

This approach affords optimal stimulation, while also avoiding the premature onset of acute 'overtraining'.



Stage 2 - OPTIMAL RECOVERY: Releasing Tracks

iNET improves the recovery process by offering alternate meditation tracks which feature less powerful and therefore less overwhelming carrier frequencies. These alternate tracks (which are included with Profound Meditation) are referred to as Releasing Meditation, specially designed to facilitate deep release and renewal.

When used in conjunction with the Primary Meditation tracks (which feature comprehensive carrier frequencies), the Releasing Meditation tracks continue deepening the meditation experience while simultaneously enabling the nervous system to reconfigure to higher levels of functioning at optimal speed and with minimal overwhelm.

By listening to a less stimulating but profoundly revitalizing CD whenever overwhelm becomes pronounced and acute, the brain is still **actively stimulated**, but is also given more time and energy to adapt to the previous, stronger stimuli. In addition, the substantial time spent in the precise brainwave patterns shown to most effectively facilitate *deep emotional release* affords a greater liberation of interior and exterior resistance to optimal adaptation.

THE INET APPROACH TO CARRIER WAVE THERAPY



Nervous System's Ability to Recover

As acute overwhelm arises, the intensity of the stimulus is reduced while the nervous system's ability to recover is still strong. This precise synchronization of the stimulus and growth cycles is experienced as a "growth spike." And because this synchronous cycle honors the nervous system's own natural cycles, such spikes take place more quickly, more often, and with less overwhelm.

By using this form of carrier wave therapy in conjunction with the other elements of iNET, we believe it is no longer necessary to offer a dozen or more meditation levels as other programs do.

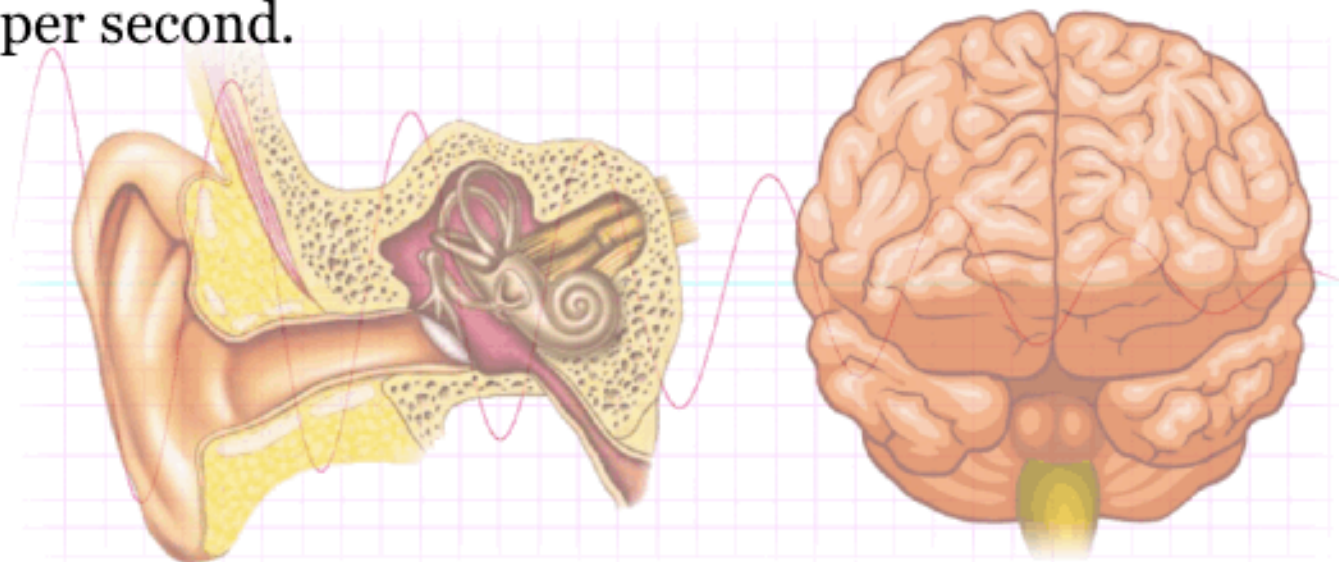
In other words, iNET is able to offer several years of transformative stimulation to the brain *in just one CD program*. (However, if we receive consistent feedback about producing an additional level, we will gladly do so.)

8) Solfeggio Frequencies (used only in the Release Tracks):

Dr. Joseph Puleo postulated the existence of a Solfeggio scale, made up six electromagnetic sound frequencies which exert invigorating influence on the mind and body. While little scientific evidence for their efficacy in personal transformation exists, numerous anecdotal reports (as well as our experience with specific frequencies) and research in cymatics suggest that these frequencies do indeed influence the mind and body in beneficial ways.

9) Ultra-High-Frequency Modulation:

iNET creates certain aspects of the 'Tomatis Effect' in record time by modulating an ultra-high-frequency sweep (from a high frequency base up to the very reach of the human audio spectrum and back again), which is inaudible to most adults, more than 6.5 times per second.



This high-frequency modulation has an energizing effect on the brain by way of stimulating the vestibular function. The following benefits have been reported:

- Increased energy and vitality
- Improved attention, concentration, and memory
- Increased sense of well-being
- Decrease in irritability and stress

iNET then *embeds entrainment in this high-frequency modulation*, which in turn creates an additional layer of entrainment.

The synergy of the individual iNET elements results in a powerful entrainment beacon, capable not only of evoking very deep and blissful states of meditation, but ongoing transformation as well.

Brainwave Correlates

- **Beta (13 Hz – 39 Hz):** Sensorimotor awareness - Wide awake - Alert - Focused - Analyzes and assimilates new information rapidly - Complex mental processing - Peak physical and mental performance - Cannot be sustained indefinitely - Prolongation of beta can lead to exhaustion, anxiety, and tension - Short bursts of beta have been used for improving cognitive intelligence
- **Alpha (8 Hz to 13 Hz):** Accelerated learning - Beginning of drowsiness - Relaxed alertness - Zen meditation - Open focus (term coined by Dr. Les Fehmi) - Can stimulate the release of serotonin (vital in the regulation of mood and sleep)
- **Theta (4 Hz to 8 Hz):** Hypnagogic state - Dreaming sleep - Creativity inspiration - Vivid imagery - Deep meditation - Out-of-Body experiences - Long-term memory – Spontaneous emotional release – Profound attitudinal and behavioral changes
- **Delta (.5 Hz to 4 Hz):** Deep dreamless sleep - Formless/expansive awareness - Very deep meditation - Healing and recuperation - Empathy

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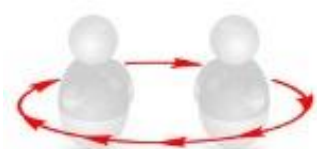
Profound Meditation Practitioners Forum:

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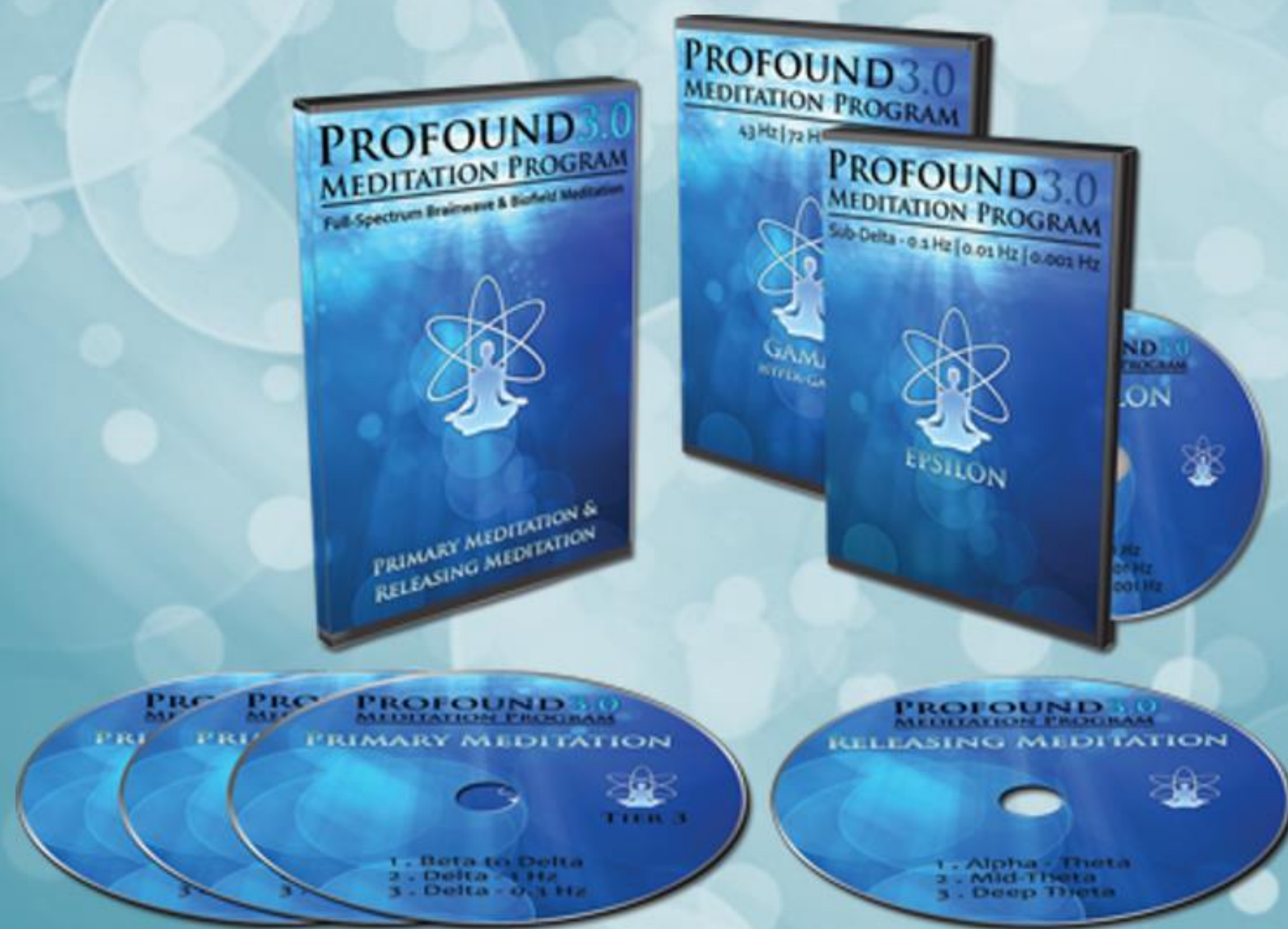


Customer Support:

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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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