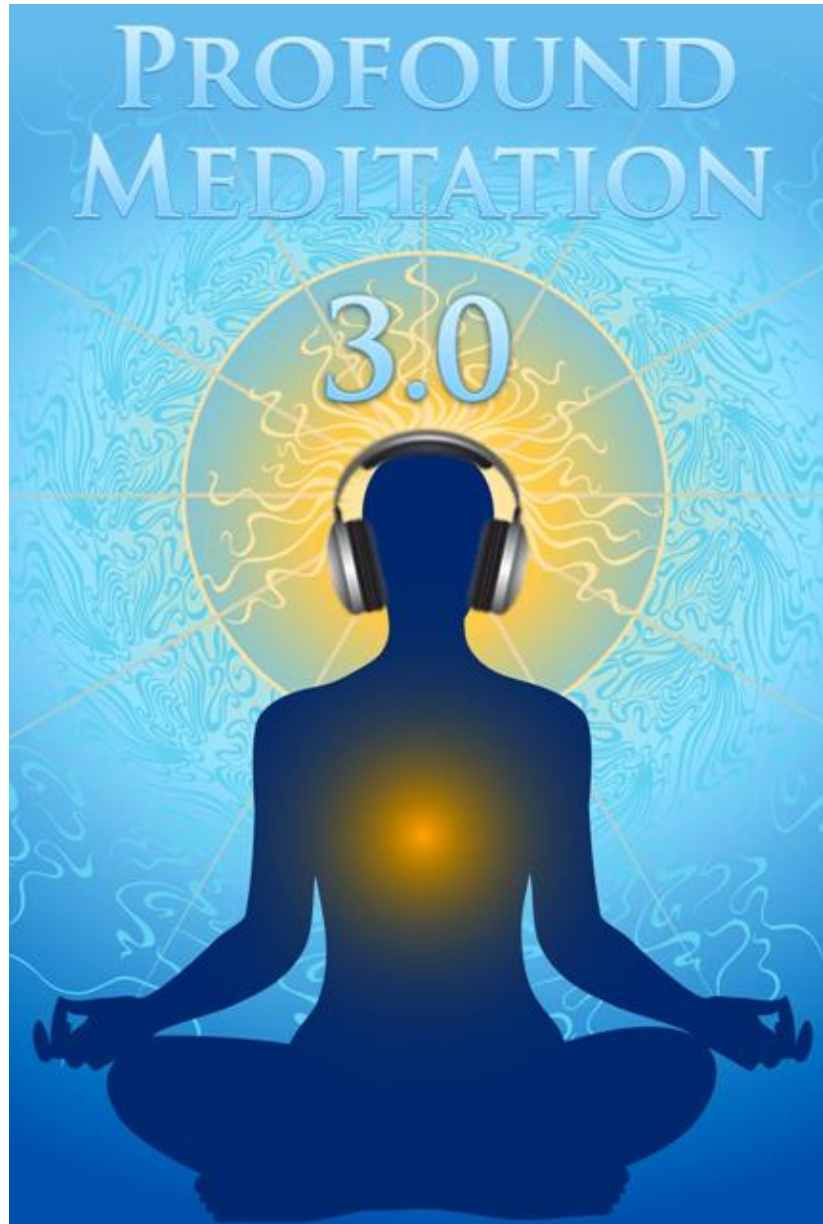




PROFOUND 3.0 MEDITATION PROGRAM

Full-Spectrum Brainwave & Biofield Meditation
Powerful. Flexible. Intuitive. Innovative. Transformative.



Starter Kit: Beginner's Mind

iAwake Technologies
Science Meets Stillness

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, 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 prone to photosensitivity
- 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, 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, Integral Recovery or other distributors of **PM** 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



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 PMP 3.0 be used with headphones that have a frequency response of 20 – 20,000.

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 NOTES ON USING PMP 3.0:

- Although simply by listening to the Profound Meditation entrainment stimulus alone (*without* practicing a meditation technique at the same time) 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.





PROFOUND 3.0

MEDITATION PROGRAM

Full-Spectrum Brainwave & Biofield Meditation
Powerful. Flexible. Intuitive. Innovative. Transformative.

How to Listen to PMP 3.0 during Your Meditation Sessions



→ 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.

1 HOUR

→ One hour of meditation practice per day is ideal. Regardless of which PMP 3.0 tracks you meditate with, try to meditate at least one hour per day using PMP 3.0.



→ 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. However, if you are a practitioner of eyes-open meditation (such as Zazen 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 PMP 3.0 Primary Meditation Tracks 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 spiritual 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.



QUICK-START INSTRUCTIONS

Primary Meditation

CD1
Track 1



1. Begin by meditating with Track 1 of Primary Meditation Tracks CD 1. See how you feel. For most people, this will be the place to start.

Tracks 2 & 3



2. If you feel good, continue meditating with Tracks 2 and 3. If this feels like a good level for you (and it probably will for most people), continue to use these three tracks for your daily meditation.

Releasing Tracks

CD2



3. A few individuals, however, will be sensitive enough to find the Primary Meditation tracks to be too stimulating, initially, in which case they should meditate with the Releasing Tracks daily. They'll be ready to graduate to the Primary Meditation Tracks when they can meditate with the Releasing Tracks for a full hour daily and feel ready to move on.

Overwhelm



4. If you begin to notice acute overtraining/overwhelm symptoms (for which see the "[Signs of Acute Overtraining/Overwhelm](#)" section), begin meditating with the Releasing Meditation Tracks for an hour each day.

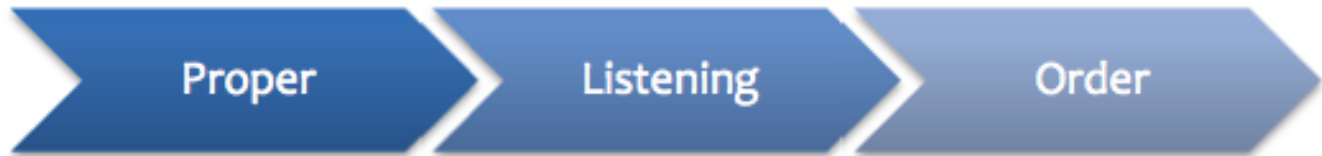


5. When you feel a tangible shift in your general sense of well-being, you can resume meditating with the Primary Meditation Tracks.



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).



Generally speaking, it is usually best to listen to Track 1 before listening to Track 2, as well as Track 2 before Track 3. This is usually the best way to ensure that the brain will entrain to the stimulus, since this approach slowly introduces the brain to these deeper patterns rather than attempting to immediately immerse it so deeply.

The PMP tracks, however, 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, depending on your sensitivity to the entrainment stimulus.

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 3.0 - Starter Kit, however, this is not always necessary, due to its increased entrainment efficacy.

As such, we now have PMP participants who listen to 40 minutes in the morning (i.e., tracks 1 and 2) and 20 minutes in the evening (track 3). Others feel comfortable skipping Track 1 and instead meditate with Tracks 2 and 3. Of course, 20 min in the morning, 20 min in the afternoon, and 20 min in the evening is also a valid option.

Feel Free to Experiment

Because PMP 3.0 - Starter Kit represents a diverse range of brainwave patterns, carrier frequencies, biofield frequencies and overall stimulation, there are almost endless ways in which you can mix and match the tracks to create sessions that meet your needs. So, by all means, feel free to experiment and share your results on our Facebook forum: <http://www.facebook.com/groups/profoundmeditation>

Note for Those Who Find the Primary Meditation Tracks to Be Too Powerful

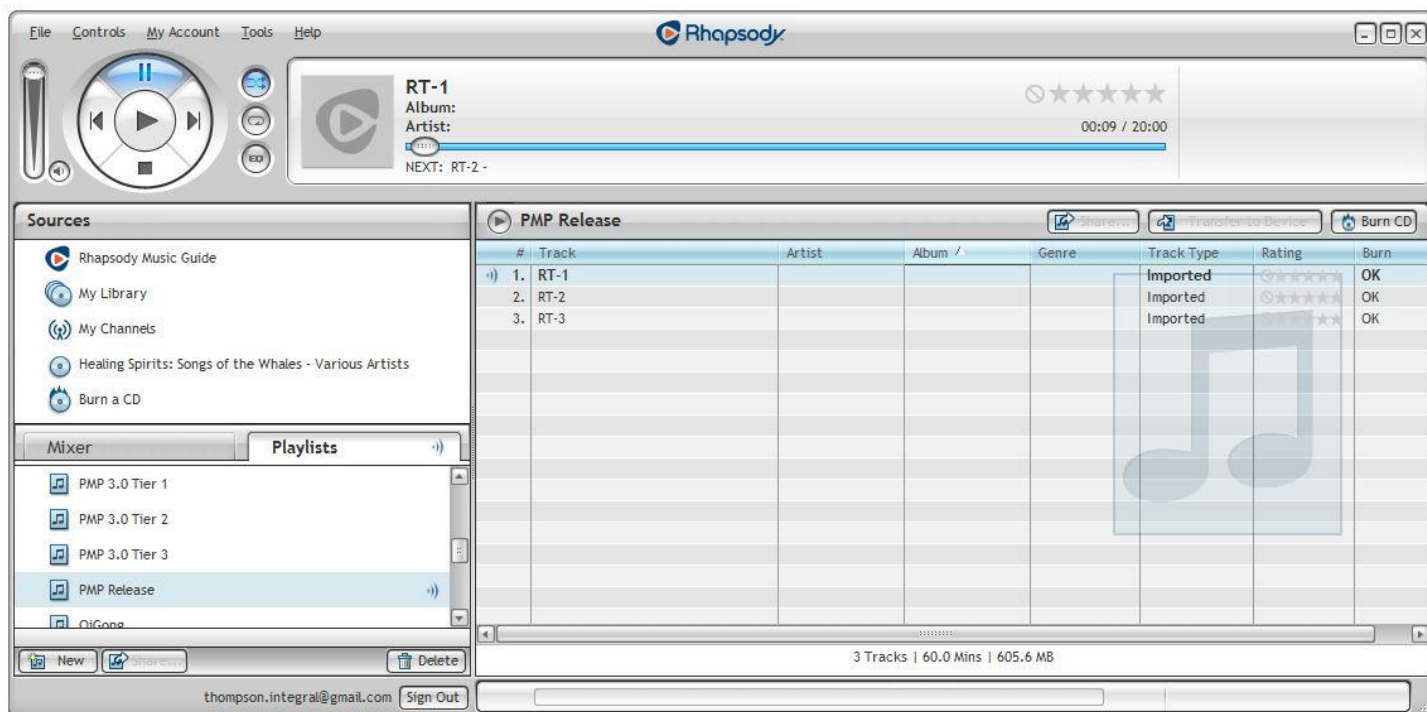
Because the tracks can be powerful for beginners, we recommend beginning by listening to Track 1 once daily, for a day or up to three weeks. Gauge your response after the first session or two. If you feel like you are ready for more,

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.

If you still respond very sensitively to Primary Meditation Track 1 (Tier 1), meditate with the Release tracks daily. Continue doing so until you are able to meditate for a full hour with the Releasing Tracks and feel ready to graduate to the Primary Meditation Tracks.

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 on our Facebook Forum.

How to Use Playlists to Create Your Own Unique Listening Schedule



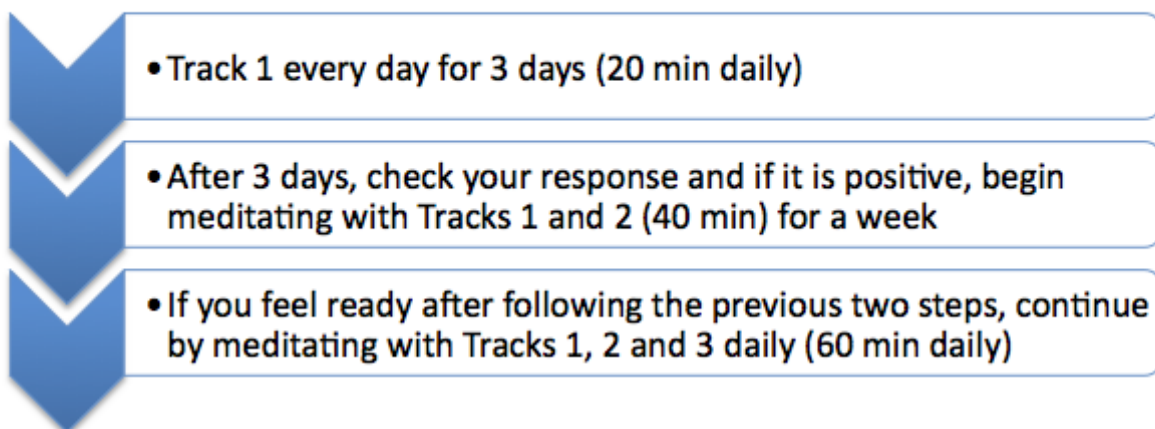
As you'll notice when looking at the Listening Schedule Examples on the next page, some of the CDs and Tracks are listed out of sequence in some of the examples. This approach is best facilitated by uploading your PMP 3.0 - Starter Kit CDs/tracks to a media player (e.g., iTunes, Rhapsody, RealPlayer, Windows Media Player, etc.) and creating special playlists. This will allow you to mix and match tracks in any order you like, so you can meditate with them seamlessly, without having to change a CD or track in the middle of your meditation. You can also transfer your playlists to your smart phone and take your meditations with you.

If you, for example, would like to meditate with Track 1 of the Primary Meditation Tracks, followed by Releasing Tracks 2 and 3, go to the "File" menu of your media player and select "Create New Playlist." You will then be able to name the playlist as you wish. Afterward, find your chosen PMP 3.0 - Starter Kit Tracks in your music library, then highlight and drag them into your playlist and arrange them in your preferred order.

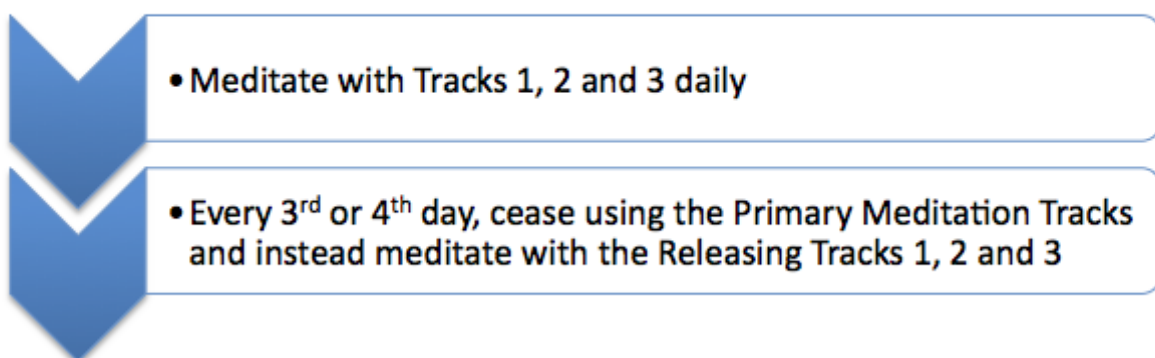


Listening Schedule Examples

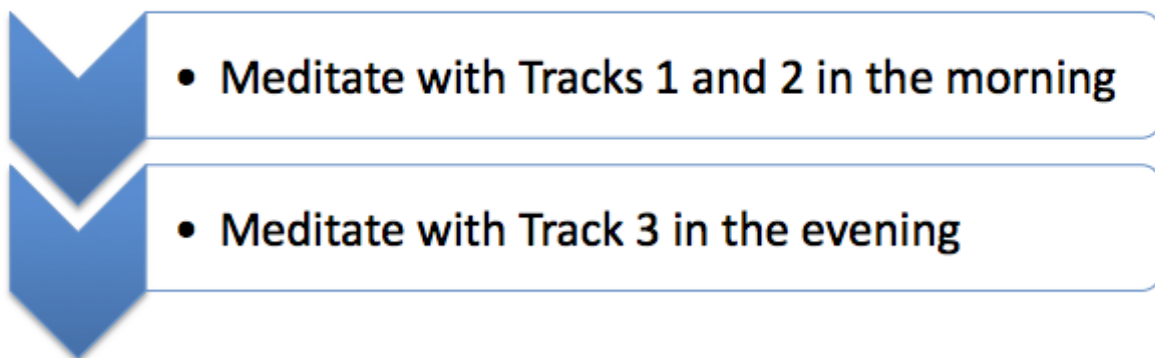
Example 1:



Example 2:



Example 3:



Limited Time/Busy Schedule:

Only have 20 minutes to meditate on Thursday, but you'd like to make the most of it? Try any one of the following:

- Meditate with any of the Primary Meditation Tracks for one 20-min session
- Meditate with any of the Releasing Meditation Tracks for one 20-minute session

INTRODUCTION

The **Profound Meditation 3.0 - Starter Kit** sessions contain a series of precise frequencies that have been carefully arranged to facilitate profound meditation and produce long-term beneficial effects when used regularly.

PMP 3.0 - Starter Kit does not contain guided meditations. Instead, it is designed to help you learn meditation on your own more quickly and easily than would otherwise be possible. You will very quickly enter into very deep states of meditation that usually require many years of consistent practice using traditional meditation techniques alone.

Headphones are required for maximum benefit.

NOTE: For optimal results, we recommend that PMP 3.0 - Starter Kit be used with headphones that have a frequency response of 20 – 20,000 Hz.



Getting the Most Out of PMP 3.0: The Importance of Reading This Manual

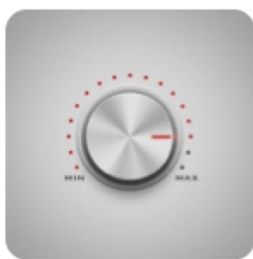
To gain the most from this program, we recommend that you take some time over the next few days and weeks to read this manual and all accompanying materials thoroughly. Better yet, read this manual several times. Each time you read it, you'll pick up something new.

Profound Meditation 3.0 - Starter Kit represents a part of the **Profound Meditation Program 3.0. Starter Kit** contains Primary Meditation - Tier 1 & the Releasing Meditation Tracks, whereas the **Profound Meditation Program 3.0** comprises 3 Tiers/CDs & the Releasing Meditation Tracks, with the optional Epsilon and Gamma/Hyper Gamma Tracks.

The **Profound Meditation Program (PMP) 3.0** is a powerful and versatile meditation program with the built-in capacity to grow with you over the course of many years. No need to purchase multiple CD levels (with increasing carrier frequency power) in order to continue feeling the refreshing developmental “push” afforded by this technology. PMP 3.0 is designed to effectively assist you in your quest for personal development and/or spiritual awakening for many years to come.

The full extent of PMP 3.0's flexibility and potential for long-term personal development, however, may not be evident at first glance. This manual contains many subtle but powerful ways for using PMP 3.0 to its full capacity, though it will probably require repeated visits to get an intuitive “feel” for how this technology can most optimally help you. So please return often to glean the “nuggets” contained in this manual.

NOTE: This manual also contains links to all of the resources we have created to help you make the most of PMP 3.0 and inhabit your deepest potential.



Volume Levels

These recordings are best listened to at the highest **COMFORTABLE** volume, with your eyes closed and in a sitting position.

For Optimal Results, Your Conscious Participation is Required

As with physical exercise, it is important to train your brain and mind every day. Your brain and mind can serve you well, and most especially if you take care of them and train them regularly. Although PMP 3.0 can help you do this in a very big way, it can't do the inner work for you. The more you use these recordings (according to the instructions) and combine their use with your own inner work, the more positive changes you will manifest.

Pursue the following three basic avenues of daily practice, and your results will be consistently and remarkably rewarding:



1. Use Profound Meditation daily—according to its instructions—to exercise your brain and subtle energetic system, as well as facilitate deep meditation. (See the “Basic Listening Instructions” section.)



2. Learn any form of meditation that best suits you, and practice it regularly when using PMP 3.0. (In the “Meditation” section of this manual we provide you with links to tips and resources for learning meditation. If you choose not to learn formal meditation, you will still receive benefits. Learning meditation, however, will deliver the greatest results.)

3. Learn any form of the following concepts, and practice them throughout the day, even when you're not listening to PMP 3.0:



- ✓ Mindfulness – Also known as “witnessing,” mindfulness refers to the practice of maintaining presence of awareness and attentiveness to the present moment.



- ✓ Compassion (and Forgiveness) – This involves active cultivation of an open, generous, loving heart toward all sentient beings, *including yourself*.



- ✓ Letting Go – The ultimate solution to every problem requires the very dissolution of the problem itself. This is accomplished by *letting go*. (See the “Releasing” section for resources we have created to support you in letting go.)

Why, Exactly, Is Your Conscious Participation Required?

Answer: While PMP 3.0 can help the meditative and developmental process, it is vital that you learn a tried and true meditation method, as it is the inner intention to connect with your spirit (i.e., your deepest and ever-present potential) and stay connected with it consciously that makes all the difference. While neither PMP nor any brainwave entrainment system can do the inner work for you, *PMP can catalyze this inner work by accelerating and deepening it far beyond what you could otherwise typically expect using traditional methods alone.*

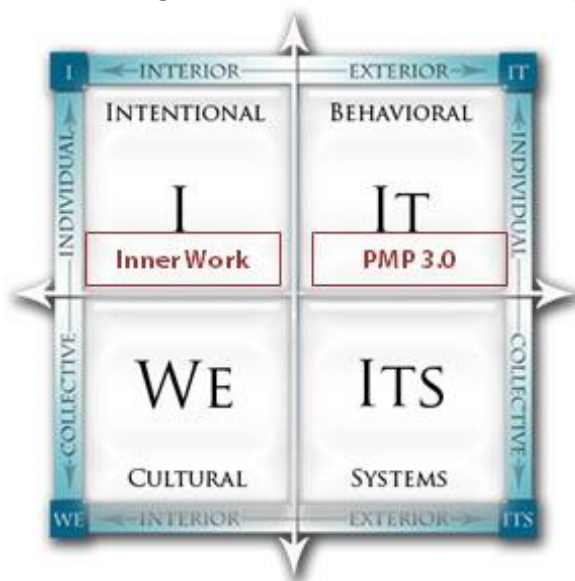
If you're not exercising any inner (i.e., mental and spiritual) discipline while meditating with PMP, you will still get good results, but not as great as you would if you developed the inner discipline of meditation. PMP, after all, is designed not to be a substitute for inner meditation, but rather a *catalyst* for mastering inner meditation more quickly and easily than otherwise. We realize that some other organizations have taught that brainwave entrainment systems will do most of the work for you (meaning that it isn't necessary to learn how to meditate), but we've discovered from extensive research and personal experience that this approach delivers only limited results.

(Please understand that these statements do not indicate that PMP 3.0 is somehow less effective than other, similar, programs. Instead, these statements should point out that any such technology is not meant to replace inner meditation, but rather to *activate* and *magnify* the intentional practice of inner meditation.)

Your Most Essential Key to Personal Transformation

Philosopher and spiritual teacher Ken Wilber has offered a practical way of demonstrating why this is the case. Essential to Wilber's integral framework is the idea that human beings live and develop in four basic dimensions:

1. Intentional (individual subjective – Upper Left in the four-quadrant model)
2. Behavioral (individual objective – Upper Right in the four-quadrant model)
3. Cultural (inter-subjective – Lower Left in the four-quadrant model)
4. Systemic (inter-objective – Lower Right in the four-quadrant model)



What is most important to understand for our purposes is that PMP 3.0 is designed to increase overall coherence in the Upper Right (behavioral/biological/subtle energetic) dimension so as to more deeply activate and intensify your inner work in the Upper Left (interior, intentional) dimension. Exercising yourself in *both* of these dimensions, in other words, will create greater results in your personal and spiritual development than either dimension can produce alone.

Now that you have PMP 3.0 to assist you in your journey, your most essential key to personal transformation is your inner intention and commitment (i.e., DISCIPLINE) to use these powerful Upper Left (found elsewhere in this manual) and Upper Right (i.e., PMP 3.0) tools daily. Consistent inner and outer practice is the key, and this practice will only be as effective as your inner level of commitment to your own awakening. Developing your highest potential is an invaluable service to humankind and the planet, because as you awaken spiritually, you make it easier for others to do so as well.

What we have presented here is a very simplified version of Wilber's Integral Framework. We highly recommend investigating his work at a deeper level.

- Wilber, K. *The Integral Vision: A Very Short Introduction to the Revolutionary Integral Approach to Life, God, the Universe, and Everything*. Boston: Shambhala, 2007.

RESOURCE LINKS

For Those Who Want More Detailed Information on PMP 3.0

(Click any link to open. If, for some reason, the links are not opening, copy the URL link, then put in the address bar of your browser, or try another browser.)

Profound Meditation Program 3.0 Components

Component 1 – The Primary Meditation Tracks (3 Tiers)

NOTE: *PMP 3.0 - Beginner's Mind* is Tier 1 & *PMP 3.0 - Core Upgrade* is Tier 2 & 3

Component 1 – Beginner's Mind - The Primary Meditation Tracks (3 Tiers)

<http://www.iawaketechnologies.com/component-1-primary-meditation-tracks>

- 3 Tiers of Progressively Increased Stimulation and Activation - <http://www.iawaketechnologies.com/3-tiers>
- Brainwave Patterns in Primary Meditation Tracks - <http://www.iawaketechnologies.com/primary-meditation-brainwave-patterns>
- 3-Tier Carrier Frequency Chart - <http://www.iawaketechnologies.com/3-tier-charts>
- 3-Tier Biofield Amplitude Chart - <http://www.iawaketechnologies.com/3-tier-charts>
- Accelerated Emotional Release - <http://www.iawaketechnologies.com/emotional-freedom>
- Strategic Use of Brainwave Patterns - <http://www.iawaketechnologies.com/emotional-freedom>
 - Stimulation Phase
 - Recovery Phase
- Strategic Use of Carrier Frequencies - <http://www.iawaketechnologies.com/emotional-freedom>
 - Stimulation Phase
 - Recovery Phase
 - Varied Stimulation in Athletics and Yoga - <http://www.iawaketechnologies.com/varied-stimulation>
- Strategic Use of Biofield Amplitude - <http://www.iawaketechnologies.com/emotional-freedom>
 - Stimulation Phase
 - Recovery Phase
- Basic Strategy for the Primary Meditation Tracks - <http://www.iawaketechnologies.com/primary-meditation-strategy>

Component 2 – The Releasing Tracks

<http://www.iawaketechnologies.com/releasing-tracks-description>

- Signs of Acute Overtraining/Overwhelm
- Brainwave Patterns in the Releasing Tracks
- Carrier Frequencies in the Releasing Tracks
- Sections Related to Releasing
- Final Note on the Releasing Tracks

Component 3 – Epsilon - Optional

<http://www.iawaketechnologies.com/component-4-epsilon>

- Epsilon
- As Deep As You Like
- Brainwave Patterns in Epsilon
- Important Notes on Optimal Use
- Further Notes

Component 4 – Gamma/Hyper-Gamma - Optional

<http://www.iawaketechnologies.com/component-4-gamma>

- Gamma/Hyper-Gamma
- Important Notes on Optimal Use
- Brainwave Patterns in Gamma/Hyper-Gamma

Comparisons Between PMP 3.0 and the Static Multi-Level Approach

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

General Comparison

Carrier Frequency Comparison

Epsilon and Gamma/Hyper-Gamma Carrier Frequencies - <http://www.iawaketechnologies.com/epsilon-gamma-charts>

Epsilon and Gamma/Hyper-Gamma Biofield Amplitude - <http://www.iawaketechnologies.com/epsilon-gamma-charts>

PMP 3.0's Audio Brainwave Entrainment Technology

<http://www.iawaketechnologies.com/neural-tech>

iAwake Neural Entrainment Technology in PMP 3.0

Exhaustive Binaural Encoding

Dual-Pulse Binaural Signals

Harmonic Layering

Temporal Entrainment

Energetic (Biofield) Entrainment

Carrier Frequency Therapy

Stimulation & Recovery Cycles

A Common Misconception About Carrier Frequency

PMP 3.0's "Driving Effect" on the Brain

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>

Biofield Formulations in PMP 3.0 - <http://www.iawaketechnologies.com/biofield-formulations>

The "Evolved Mind" Brainwave Pattern in PMP 3.0's Biofield Signals -

<http://www.iawaketechnologies.com/evolved-mind-biofield-amplification>

How You Can Easily Amplify PMP 3.0's Biofield Transmission -

<http://www.iawaketechnologies.com/evolved-mind-biofield-amplification>

Free Downloadable Media Players (for use in amplifying the biofield transmission) -

<http://www.iawaketechnologies.com/evolved-mind-biofield-amplification>

MEDITATION

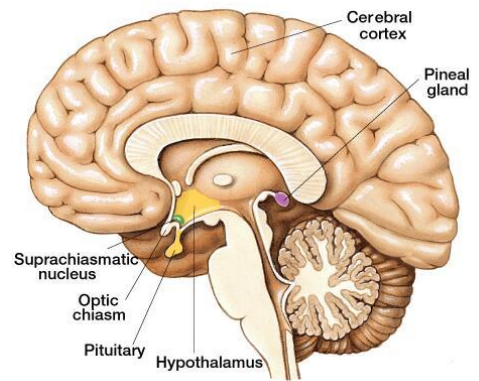
A Simple but Powerful Meditation



- ✓ 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

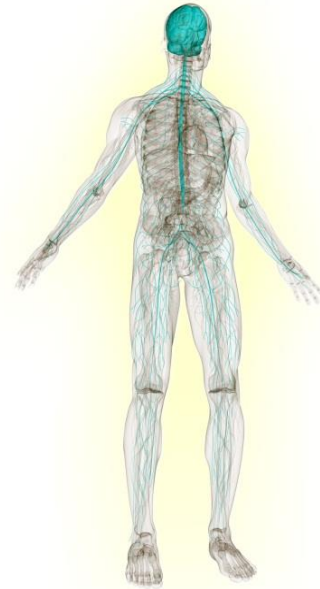


- ✓ Allow your attention to rest on the area just above and between your two eyes. No need to strain. Simply allow your eyes to rest in the place near the “third eye” where it feels most natural. If your eyes flutter, let them drop slightly.
- ✓ By placing your attention there, you are sending focused 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.
- ✓ PMP 3.0'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).

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.

Deep Emotional Release Made Simple

EFFORTLESS EFT

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

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



Method 1 – For use when playing PMP 3.0 (and other iAwake CDs) on an MP3 player or iPhone.

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

Method 2 – For use when playing PMP 3.0 (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 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.

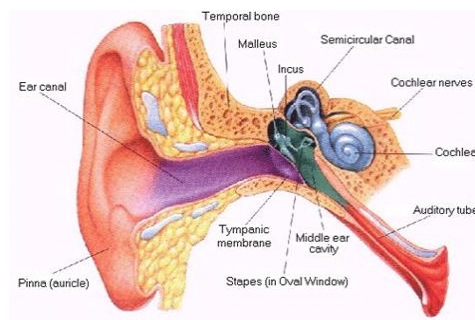




Visual Mode: If you tend to imagine in visual mode, simply visualize the biofield energy as a healing white light. You can “run” the energy through the root of the emotional contraction (i.e., the feeling in your body), or otherwise saturate the root of that contraction with this powerful but gentle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



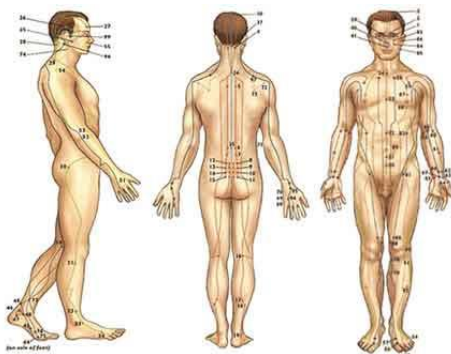
The Biofield Energy Will “Stick” with You

After sitting in headphones meditation with *Profound Meditation* 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) examining 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 our [Biofield Technology page](#).

Further Reading on the Subject of Releasing

Craig, G. *The EFT Manual*. Energy Psychology Press, 2011.

Crane, L. *The Abundance Book: Teaching The Amazing Release Technique*. Lawrence Crane Enterprises, 1998.

Dwoskin, H. *The Sedona Method: Your Key to Lasting Happiness, Success, Peace and Emotional Well-Being*. Sedona: Sedona Press, 2003.

Dwoskin, H., and L. Levenson. *Happiness Is Free: And It's Easier Than You Think!* Sedona: Sedona Press, 2002.

Gendlin, E.T. *Focusing*. New York: Bantam, 2002.

Katz, M. *The Easiest Way to Live: Solve Your Problems and Take the Road to Love, Happiness, Wealth and the Life of Your Dreams*. Your Business Press, 2011.

McVea, N. *Release Dynamics*. Self-published in electronic format, 1996.

Ruskan, J. *Emotional Clearing: An East / West Guide to Releasing Negative Feelings and Awakening Unconditional Happiness*. R Wayler & Co, 2006.

Tips on Releasing

- Accompanying the relaxing and pleasant energies of PMP 3.0 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?



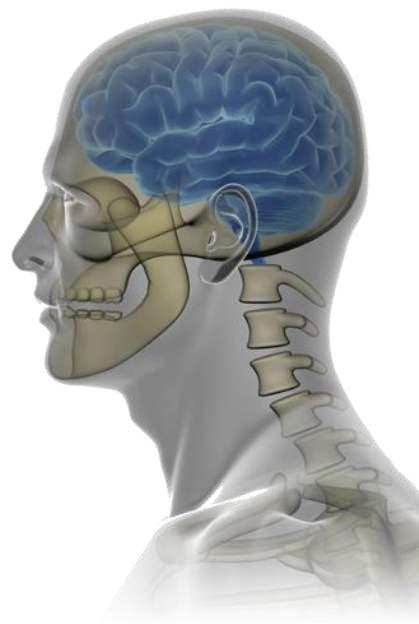
- Could you allow yourself just to softly sink into the root of the feeling? Could you allow the resulting intense feelings to wash over you in full awareness and with open embrace as they dissipate in this infinite field of timeless, spacious awareness?
- Could you allow yourself to imagine not needing 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 PMP 3.0 Biofield Signals (Primary Meditation, Releasing Tracks and Epsilon Only)

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 in the Primary Meditation Tracks, Releasing Tracks and Epsilon contain this Evolved Mind brainwave pattern. As such, not only will you experience the target brainwave patterns facilitated by the auditory entrainment signals in each of these tracks (e.g., 0.01 Hz in Track 2 of Epsilon), 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.



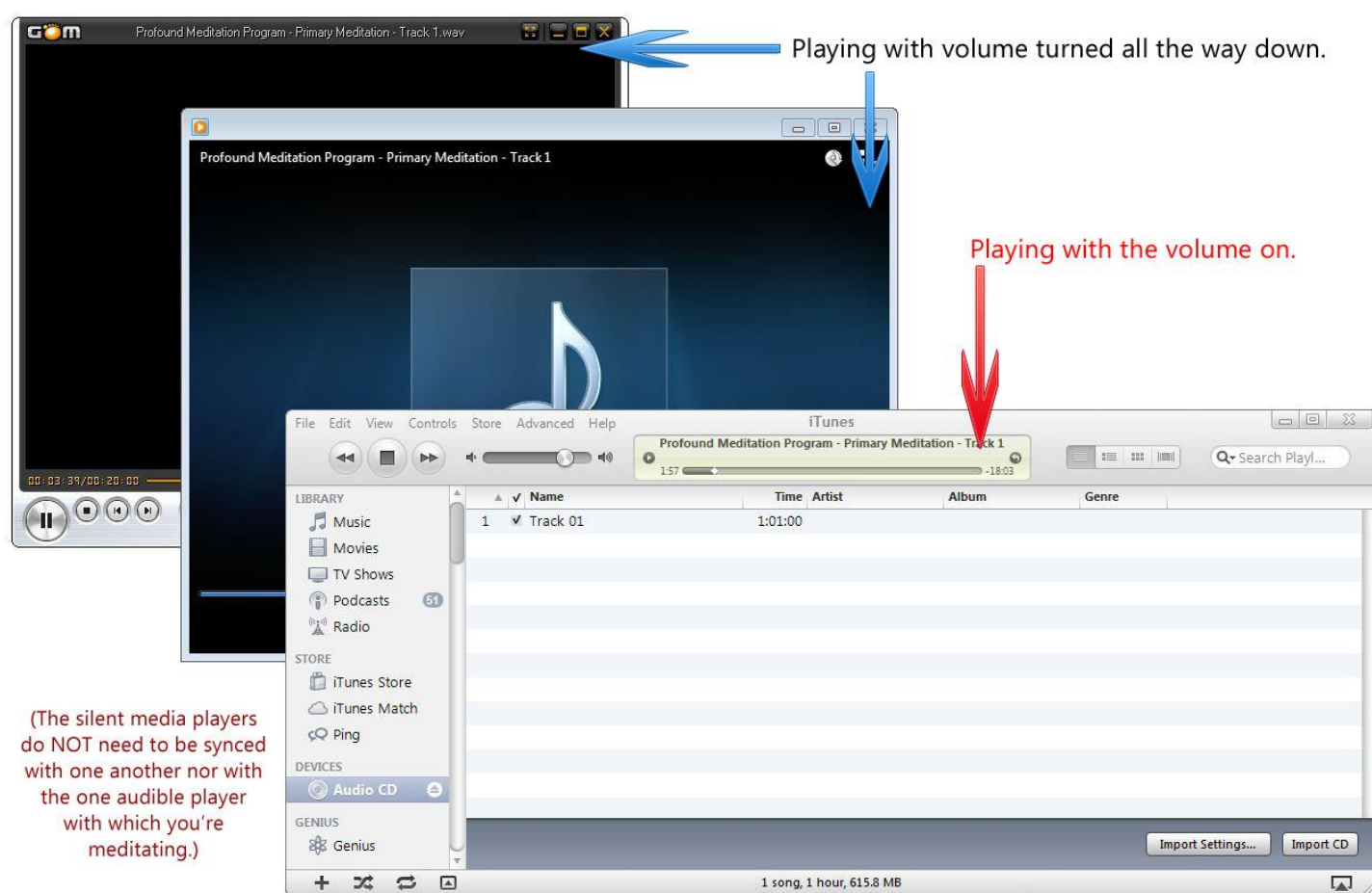
To experience more of this Evolved Mind pattern during meditation, please see the next section, “How You Can Easily Amplify the Biofield Transmission of PMP 3.0.”

How You Can Easily Amplify the Biofield Transmission of PMP 3.0

Silent Entrainment

You might find yourself in a situation when you'd like to enjoy the peaceful emanations of any of the PMP 3.0 biofield frequencies, but it's inappropriate to be wearing ear buds or listening to music. No Problem! Simply place any PMP 3.0 track/CD of your choice on "repeat" on your MP3 player, media player or iPhone, then turn the volume down to zero and don't worry about using your earbuds at all. Carry it on your person, in a pocket. Due to the powerful biofield (subtle energetic) entrainment technology contained in PMP 3.0, *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 PMP 3.0'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 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 your preferred PMP 3.0 track/CD 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 PMP 3.0 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 Primary Meditation Tracks CD1/Tier1. You would then import that CD 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 CD1). 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://www.jriver.com/mj/>
- ❖ 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>

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<https://twitter.com/iAwakeTeam>



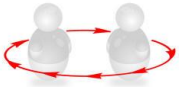
Profound Meditation Practitioners Forum:

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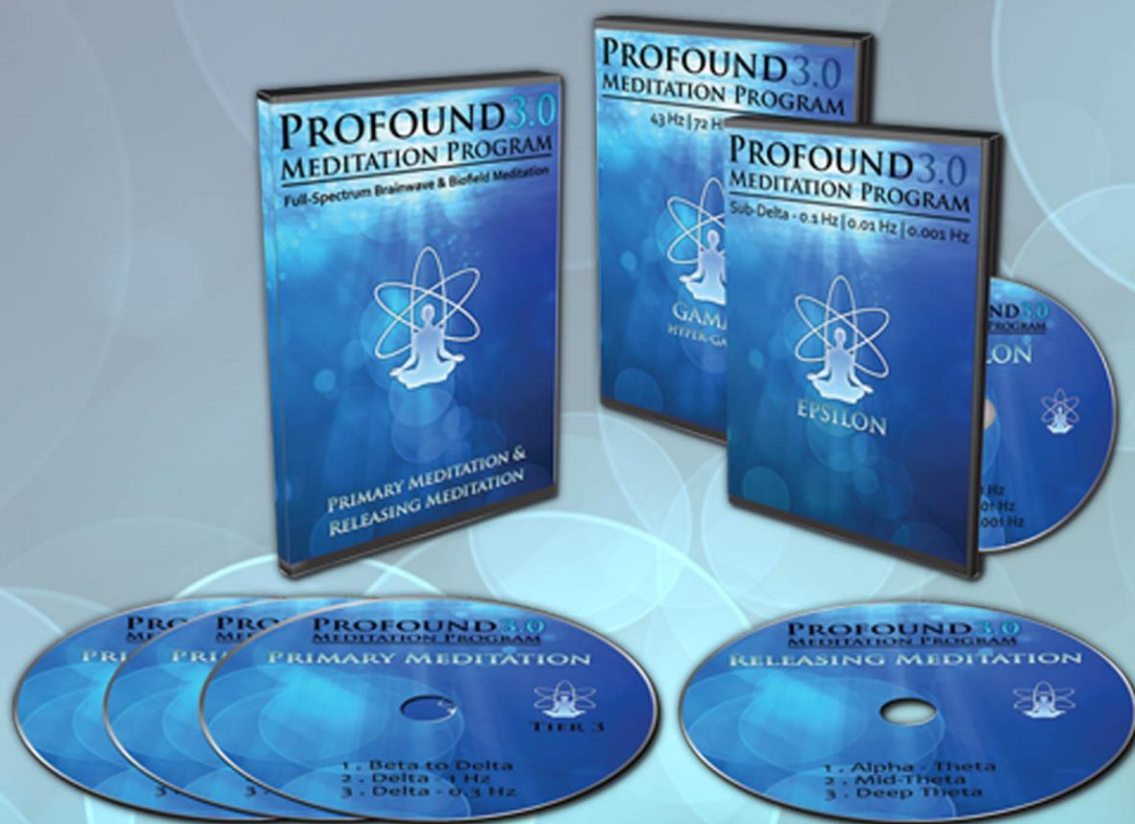


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PROFOUND MEDITATION 3.0

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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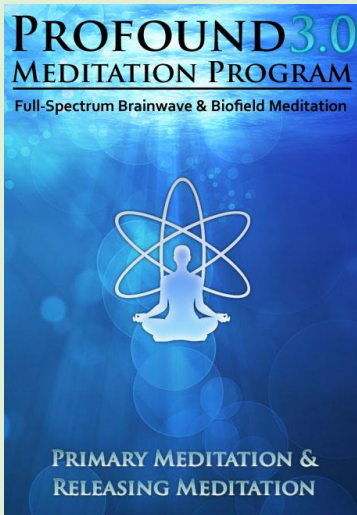
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120 minutes of even deeper & stronger neural & biofield entrainment

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Tier 2 ~ Primary Meditation (3 20-minute tracks)

Tier 3 ~ Primary Meditation (3 20-minute tracks)

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