



iAwake Technologies
Science Meets Stillness
iAwakeTechnologies.com

VisionQuest

A Journey into Shamanic Consciousness



NEUROFLOW
Series

Ambient Soundscapes by Robert Rich

Featuring Innovative Brainwave and Biofield Technology

DISCLAIMER

The user of VisionQuest (VQ) agrees that this audio program is designed solely for meditation, self-improvement, learning, aid in motivation, relaxation, and experimentation. This application is not intended as a replacement for medical or psychological treatment. No medical claims are intended, express or implied.

Those meeting any of the following conditions, whether knowingly or not, should not use this application:

- Epileptics
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to or have had seizures

Those who should consult a physician before the use of this product include:

- Individuals under the influence of medication or drugs
- Individuals who have a history of severe mental illness
- Individuals who have a history of tinnitus

This application is not to be used while under the influence of alcohol or other mood altering substances, whether they are legal or illegal.

Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of VQ, as they are more susceptible to seizures.

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

The user of VQ 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 VQ.

In no case will iAwake Technologies, Integral Recovery or other distributors of VQ be liable for chance, accidental, special, direct or indirect damages resulting from use, misuse or defect of its program, instructions or documentation.

The parties shall attempt to resolve all disputes arising out of this agreement in a spirit of cooperation without formal proceedings. Any dispute which cannot be so resolved (other than a request for injunctive relief) shall be subject to arbitration upon written demand of either party. Arbitration shall take place within forty-five days of the receipt of the written demand, in Provo, Utah or at another location (or in whole or in part by phone or other means) if the parties so agree. The arbitration shall take place before an arbitrator chosen as follows: The parties shall each choose a representative, and the representatives shall choose an arbitrator. The arbitrator shall schedule an informal proceeding, hear the arguments, and decide the matter. Each party shall pay half the costs of the arbitration proceeding. The arbitrator shall not have the authority to award punitive damages or any other form of relief not contemplated in this Agreement. Regarding each issue submitted to arbitration, the decision shall be accompanied by a written explanation of the basis upon which it was arrived at. Judgment upon the award, if any, rendered by the arbitrators may be entered in any court having jurisdiction thereof.

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File Information for Optimal Entrainment Results

NOTE:

- The CD-version features high quality WAV files.
- The download-version contains higher quality (192 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 192 kbps) when uploading from CD or burning to CD, because the MP3 compression will filter some 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 192 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 192 kbps MP3."



HEADPHONES

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

Compatible Players



MP3

- *Computer Media Players* – Windows Media Player (free); iTunes (free); SongBird (free at www.getsongbird.org)
- *MP3 Players* – Any MP3 player.



IMPORTANT NOTES ON USING THIS PROGRAM:

- Although simply by listening to this program (*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.



MUSIC CREDITS



VisionQuest-1 – "Resonance" from the album *Trances-Drones CD2* by the artist *Robert Rich* and "Lumin Part 6" from the album *Lumin - Live Archive Vol 6* by the artist *Robert Rich*

VisionQuest-2 - "Curtain" from the album *Illumination* by the artist *Robert Rich*

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Welcome to VisionQuest

How to Listen to VisionQuest

(For optimal results, please read and follow the Shamanic Journey Meditations that appear on the next page.)

For deepest entrainment, always listen to Track 1 before listening to Track 2.



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



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



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



Always sit upright while listening, as this best facilitates the increased attention, focus and energy will accrue during listening sessions.



We generally recommend listening with **eyes closed**, as this helps reserve attention and minimize distraction for optimal entrainment.



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



IMPORTANT: After each session, allow 1- 5 minutes to ease back into your day. Be sure to anchor your deepened awareness in your mind by consciously observing and feeling it in your body. **Soak it up and bathe in it.** Then intend to carry this awareness and effortless focus with you wherever you go.



You may experience a deep emotional release and tears while listening to this program, or sometime afterwards, or both. This is a good sign, as this program elicits the brainwave patterns and states associated not only with deep relaxation but also long-term emotional memory. If you notice emotions coming to the surface, this serves as a wonderful opportunity to release them. In fact, it is the pent up emotions we carry with us subconsciously which compound our experience of stress.

Shamanic Journey Meditations

These meditations work on the principle of direct revelation. To experience the most from this program, we recommend that you practice these meditations as you listen to the program.

Set Your Intention

Get very clear on your purpose and intention for journeying with VisionQuest. Are you wishing to open up to new direction, inspiration and vision in your life? Do you want to look at and resolve inner conflicts that have been holding you back in certain situations? Are you hoping to regain a sense of inner strength, self-esteem, self-love and confidence around a situation? Are you looking for clarity around a specific subject? Is there a problem in your life that seems hopeless to you and that you'd like to receive an "outside the box" solution to? Do you wish to recover a part of you that you may have lost in a relationship or a traumatic experience? Is there an emotional heaviness or weight that you'd like to release?

Ask these and similar questions, and trust your intuition to guide you into the right intention and purpose for your journey. Now write down your intention and purpose in a journal reserved for your insights while journeying.

Alternatively, you may decide that you just want to explore the Lower, Middle or Upper Worlds, which in various shamanic traditions are the three divisions of the one unseen reality behind physical manifestation. If this is all you wish to do, that is perfectly fine, but be clear about your intention and purpose.

Your Visualization

Different people have different ways in which they most easily "visualize" something, and these ways aren't always visual in nature. You might simply have a general feeling or sense of something as you visualize it, rather than explicitly seeing it in a vivid way. You might simply "know" it inwardly, or smell it, or hear it. Any way you "visualize" inwardly is perfectly fine. As you follow these journeying meditations, just trust your intuition to visualize in whatever way is perfect for the moment. Just trust.

YOUR FIRST JOURNEY

JOURNEY TO THE LOWER WORLD – Your first journey should follow this meditation, in which you will meet your power animal.

- Begin by imagining yourself in a place of nature that you've visited before.
- This place should have a natural opening into the earth: a tree with roots that go deep into the ground, the opening of a volcano, a cave, a hole, a lake, stream, river or waterfall.
- It might work better for you to imagine moving downward in an elevator, on a conveyor or through a tunnel. That's fine too.
- Imagine moving into the opening and down into the earth.
- Continue through this transition until you emerge into a light.
- Pay attention to the surrounding landscape, and see if you notice an animal anywhere.
- If you notice an animal, ask it if it is your power animal.

- Your power animal may respond in any number of ways: by speaking telepathically, or by leading you somewhere to show you something.
- If this is your power animal, do only one of the following (remember that we want to be clear about our intention for the journey, being sure to stick to only one purpose/intention):
 - Ask the one question you decided upon before embarking upon the journey.
 - Ask for a tour of the Lower World.
 - Ask the power animal what its essential, overarching message is regarding your life as a whole.

ADDITIONAL JOURNEYS

JOURNEY TO THE MIDDLE WORLD – This is the unseen world behind the physicality of things, wherein the spirits of the sun, moon, plants and rocks dwell. This a powerful way to experientially learn the secrets of nature.

- Imagine walking out the door of your home.
- Travel to any physical dimension with which you'd like to commune and from which you like to learn. This could be to a place where a specific type of plant resides; it might be a place with a certain type of rock or crystal; or it might be a star, a planet, a moon or solar system.
- If you are interested in understanding the essence of proper timing, for example, you might choose to visit a solar system and experientially commune with its natural cycles.
- Pay attention to the peculiar language of whatever spirit you are communing with, and trust that your spirit will understand its message and communicate it to you adequately.
- You may notice other “spirits” during your journeys as well. Pay attention to them, and let them teach you.

JOURNEY TO THE UPPER WORLD – Your first journey here will be to meet a teacher in human form.

- Imagine yourself in a place in nature where you can travel upward: a mountain, a ladder, a giant tree, a rope, a wind or vortex that carries you upward, a large bird that can carry you.
- Alternatively, imagining an elevator or conveyor belt is fine as well.
- Before entering into the Upper world, you will typically travel through a layer of transition, like fog, clouds or mist.
- After passing through, you will typically arrive in the first level of the upper world. If you're still seeing planets and stars, you haven't passed through the transition into the first level of the Upper World yet.
- After emerging into the Upper world, see if you notice a human figure anywhere.
- If your teacher is not present on the first level of the Upper world, keep searching through the higher levels until you find your teacher.
- Ask the person if they are your teacher.
- If this is your teacher, do only one of the following (remember that we want to be clear about our intention for the journey, being sure to stick to only one purpose/intention):
 - Ask the one question you decided upon before embarking upon the journey.
 - Ask for a tour of the Upper World.
 - Ask for clarity and insight into a recurring problem that has been troubling you.
 - Ask for help in releasing the limitations that have kept you from realizing a goal.

- Ask for help in looking at and releasing emotional pain, bitterness, resentment, fear or shame that you have been carrying for a while.
- Ask your teacher what its essential, overarching message is regarding your life as a whole.

The Technology

Biofield Entrainment Technology

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

This program features a unique biofield formula designed to help you experience:

- Shamanic states of consciousness
- Inner vision and insight
- New perspectives on your life
- Creative problem solving
- Resolution of inner conflicts and hindrances to growth

The Biofield Formulation

White Light

Properties: A powerful “spiritual solvent” capable of clearing negative emotions and blocks to spiritual awakening; associated with healing, shielding from negativity; naturally uplifting, blissful and purifying.

Anahata (Heart) Chakra

Properties: The capacity to connect with your heart and love your otherwise “unlovable” habits and characteristics; forgiveness; openness; ability to connect with repressed emotions; release of resistance, inner pain, limiting attitudes and emotional conflicts; self-love; emotional intelligence; emotional stability.

The Energy of the Golden Mean

Properties: Found to be present at sacred pilgrimage sites; sattvic (harmonizing) properties; profound centering and balancing qualities; deeply calming and purifying; involved in prayer and spiritual communion; action at a distance (i.e., nonlocal causality); holiness; saintliness.

(Energetic Frequency of) Harmaline

Properties: A fluorescent psychoactive indole alkaloid used as one of the main ingredients in ayahuasca.

(Energetic Frequency of) Diplopterys Cabrerana

Properties: A common admixture in ayahuasca, the visionary brew of Amazon shamanism.

(Energetic Frequency of) Amanita Muscaria:

Properties: Mushroom with hypnotic properties, used as an entheogen by the indigenous peoples of Siberia; theorized by R. Gordon Wasson to be the *Soma* referred to in the Rig Veda of India.

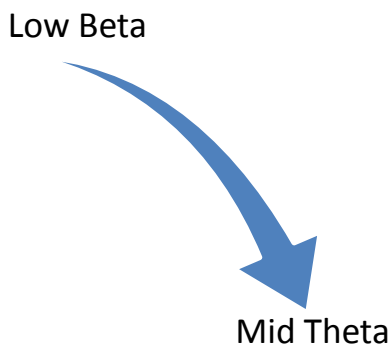
Audio Brain Entrainment Technology

All of the waveforms used in the entrainment signals are custom-designed using the proportions of the Golden Mean. This program features the brainwave frequencies of:

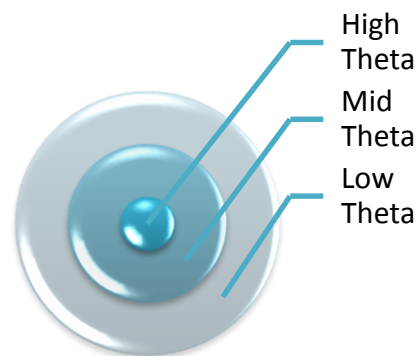
- Insight and vision
- Wakeful dreaming
- Deep meditation
- Creativity
- Enhanced inner awareness

Track 1 – VisionQuest-1 – Brainwave Patterns

First 10 minutes =

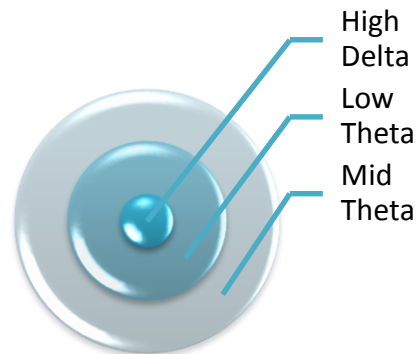


Last 20 minutes (simultaneous brainwave patterns) =



Track 2 – VisionQuest-2 – Brainwave Patterns

Entire 30 minutes (simultaneous brainwave patterns) =



Proprietary Audio Brainwave Entrainment Technology

This recording uses innovative entrainment signals, including:

- Dual-Pulse Binaural Signals
- Harmonic Layering
- Rhythmic Panning
- Monaural Signals
- Exhaustive Entrainment Encoding

Important Notes on iAwake's Biofield Technology

- **THE POWER OF INTENTION:** Because of the informational and energetic properties of this technology, it is especially powerful when used with conscious intention. The meditation offered in this manual is but one example of how anyone can consciously interact with this technology to initiate purposeful change.
- **LASTING EFFECTS:** Although you will feel the effects of this technology while listening to this program, especially when listened to for 20 minutes or more at a time, the effects will also last for quite some time throughout the day.
- **SATURATE YOUR BIOFIELD WITH PEACEFUL ENERGY:** The energetic signatures contained in this program have been amplified millions of times, making them quite potent. The more you listen, the more densely these soothing and calming energies will saturate your biofield for lasting change. You'll carry this feeling of deep calm into your day.
- **ZERO VOLUME:** These calming energies can also be enjoyed by playing this program at zero volume. Simply place this track on repeat and turn the volume down. For the digital version, this can be done by placing it into a playlist by itself on your media player or MP3 player, then setting it to play on repeat. No headphones or speakers are needed. The advanced biofield technology will

emit a powerful energetic field that will interact with your biofield. **NOTE:** Depending on your sensitivity, you may not be able to experience the biofield entrainment of the silently played biofield track unless you follow this [Method to Amplify the Biofield Transmission](#). Even then, you may not always feel the subtle energy emitted by the track, but it is influencing your mind and body beneficially nonetheless.

- **AMPLIFYING THE BIOFIELD EFFECTS:** There are several ways to amplify the life-enhancing effects of iAwake's biofield technology:
- 1) **Use multiple media players on your Mac or PC:** <http://www.iawaketechnologies.com/blog/7-ways-to-amplify-biofield-technology/>
 - 2) **Touching the player (including the screen or speaker) with the fingers of your left hand:** The left side of the body is the energetically receptive side of the body, plus there are many acupuncture points in the fingers and thumbs. This method sends powerful subtle energetic pulses through these acupoints, quickly clearing the acupuncture meridians and intercepting the neurological signals that facilitate dysfunctional states. This is not only a quicker way to saturate your biofield with this life-enhancing subtle energy, but can also be used in tandem with our Emotional Releasing methods to accelerate emotional freedom.
 - 3) **When playing on your smartphone or MP3 player, plug regular ear buds into the player:** After doing so, the energetic field will now be emitted all along the ear bud cords, as well as through the ear bud speakers. One way to take advantage of this is to place the player in your left pocket, then run the ear bud cord up the front of the body (either over or under your shirt), and loosely drape the ear buds around your shoulders. The energetic field will now directly influence the acupuncture meridian that runs up the center of the body as well as the chakra system.
 - 4) **Place your portable MP3 player (or smartphone) under your left foot while the track is playing:** This is an even quicker method than Method 2) for saturating your biofield with the subtle energetic pulses in the biofield technology. The foot has even more acupuncture points on it than your fingers, so the energy permeates your biofield much more quickly and deeply. If placing your foot on your portable player or smart phone bothers you, you can place a towel over the player before placing your foot on it. You might think of this powerful method as “digital reflexology.”
 - 5) **Place your portable player (playing the iAwake Biofield Track) on or beneath the power cord to your computer:** The subtle energetic field emitted by the iAwake track will interface with the electromagnetic field (EMF) of the power cord. It will then be emitted by your entire computer system (i.e., any part of it that has electricity running through it – the screen, tower and speakers, for example).
 - 6) **Place one or more rare earth neodymium magnets on the back of your iPhone while playing the biofield tracks.** The biofield signal is amplified significantly, and the magnet will not harm your iPhone.

- **SENSING THE ENERGY:** Although some people are sensitive enough to go into light samadhic/trance states while playing this energetic field silently as they work, most people will sense it most deeply during eyes-closed meditation and relaxation.
- **DEEPEN YOUR MEDITATIONS:** To enhance your meditations, play the iAwake biofield track silently an hour before and/or during your normal meditation practice. If you meditate in the evenings, play the biofield technology silently throughout the day, which will saturate your biofield with this calming energy for noticeably deeper and more absorptive meditation.
- **AVOIDING OVERWHELM:** Even though the biofield energies embedded in iAwake programs are calming by nature, they can still have an overwhelming effect on the nervous system if it absorbs more energy than it can handle at one time. Start by playing the biofield energy an hour or two a day and see how you feel. If you notice that you seem to be on edge, this is just your nervous system letting you know that it needs a break. Any overwhelm experienced through excess exposure to this technology is only temporary and never serious or permanent. Simply cut back on your exposure time.
- **EVOLVE YOUR NERVOUS SYSTEM:** Your nervous system will develop a capacity to absorb more and more energy without overwhelm, ***resulting in at first subtle but eventually quite dramatic changes in emotional intelligence, self-identity and conscious evolution.***
- **FEELING TOO RELAXED?** After an especially deep session, you may feel groggy and ready to lay down. This is similar to how you may feel after a great massage or acupuncture session. This is a perfect time to relax into whatever you are feeling and release pent up stress, emotions and worries using your preferred releasing technique or any of the powerful ones shared below.

BIOFIELD LINKS

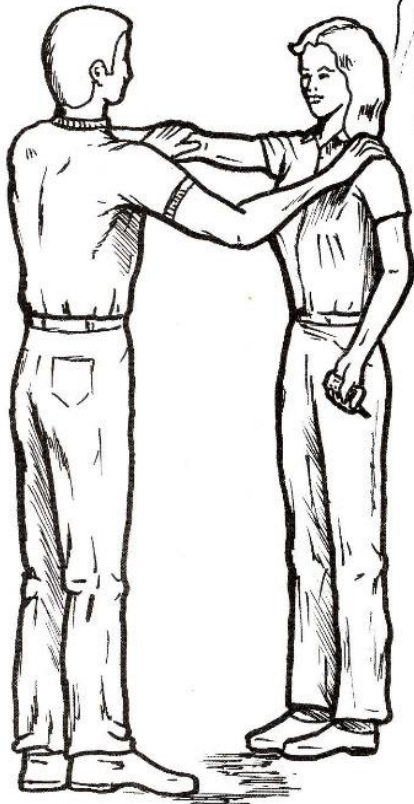
Biofield Technology

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

- An Introduction to Biofield Science
 - <http://www.iawaketechologies.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.iawaketechologies.com/our-biofield-technology>
- Biofield Frequencies/Level of Consciousness Correlation Chart - <http://www.iawaketechologies.com/biofield-chart>
- How You Can Easily Amplify iAwake’s Biofield Transmission - <http://www.iawaketechologies.com/iawake-biofield-amplify>
- Free Downloadable Media Players (for use in amplifying the biofield transmission) - <http://www.iawaketechologies.com/iawake-biofield-amplify>

Easy Muscle Testing to Test iAwake Biofield Products

Easy Muscle Testing to Test iAwake Biofield Products



TAP FINGERS ON CENTER OF FOREHEAD SLIGHTLY ABOVE THE EYES, TO WAKE UP YOUR ELECTRICAL SYSTEM

FOR TESTING, PLACE ITEMS IN LEFT HAND



iAwake Technologies, LLC
Science Meets Stillness
ProfoundMeditationProgram.com

- 1) **Check for Base Energy** – You—the tester—stand in front of the person to be tested. The person being tested extends their right arm straight out from the shoulder. You tell the person to resist, then push down on their right arm, which should remain strong. If the person tests weak, it means their energy system is unaligned. In such a case, ask them to tap in the area between the eyes, just above the eyebrows. This can help activate the bio-electrical system. Now test their arm again.
- 2) **Testing for Negative Energies** – Place a cell phone in the person's hand during a live conversation with another person on the line, or simply have them place the left hand on top of a computer system (on the tower or screen, with the computer turned on) while standing next to it. Ask them to extend the right arm, tell them to resist, and push down on the arm. The arm should go weak, which means the bio-electrical and acupuncture systems have been energetically compromised.

- 3) **Testing with the iAwake Tracks (or any other iAwake biofield products)** – Now play one or more iAwake biofield tracks on the cell phone or computer (whichever one you are using). Some large computers may require more than one iAwake track to be played simultaneously, in order to fully counteract the negative effects of the computer's EMF. The more tracks you play simultaneously (silently, using this method: <http://www.iawaketechologies.com/iawake-biofield-amplify>), the greater will be the conversion effect. One iAwake track will be plenty to counteract the negative energetic effects of the cell phone. Now ask the person to extend their arm, tell them to resist, and press down. They should test strong. This means that the tracks are not only protecting your bioenergetic system, but are also actually feeding and strengthening it.

iAwake Support Links



Profound Meditation on Facebook:

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



Profound Meditation on Twitter:

<https://twitter.com/iAwakeTeam>



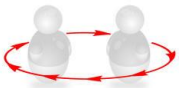
Profound Meditation Practitioners Forum:

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



Free Weekly Teleseminars:

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



Coaching:

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



FAQ:

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



Blog:

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



Customer Support:

support@iawaketechnologies.com

PROFOUND MEDITATION 3.0 FULL SPECTRUM



Science Meets Stillness
An integrated synthesis of leading-edge
neurotechnology and energy medicine

"iAwake technologies has continued their pioneering research into brain/mind sound technology with their latest release of *Profound Meditation 3.0*. I've been a fan of their products from the beginning, and I can say that they just keep getting better. So if you've never tried binaural beat technology—and especially if you have!—by all means check out their latest. I think you won't be disappointed!"

Ken Wilber—The Integral Vision

www.iawaketechologies.com